

# Interpersonal Relations

## INSTRUCTOR:

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## COURSE DESCRIPTION

This course is designed to promote social and emotional competence. We will work to foster coping and decision making skills if they are being influenced by their peers in any manner. The students will take an active role in class and learn through individual and group activities to promote healthy choices and well being.

## COURSE OUTCOMES AND OBJECTIVES

- The student will be able to recognize that people are unique in how they look, how they act, and how they feel.
- The student will be able to recognize that people's lives take on added meaning when they know their values and set attainable goals.
- The student will be able to identify family member relationships.
- The student will be able to define family and identify characteristics of the traditional and the contemporary two-parent and one-parent families.
- The student will be able to identify causes and consequences of family problems and determine ways of dealing with them.
- The student will identify healthy ways of dealing with anger.
- The student will be able to identify general attitudes and behavior that help people relate to others.
- The student will be able to identify specific attitudes and behavior that make people easy to get along with.
- The student will be able to identify acceptable behavior in social situations.
- The student will be able to identify good grooming habits and their importance.
- The student will be able to recognize the effects of peer pressure and identify ways of resisting negative peer pressure, and having healthy boundaries.

## GRADING SYSTEM

Students will be graded on class assignments (30%), participation (40%), and attendance (30%).

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**Since the majority of assignments will take place in class, it is essential that students be present in each class on a daily basis.**

## **COURSE OUTLINE**

- **About Me**
- **Family**
- **Cultural Differences**
- **Relating to Others**
- **Developing Confidence**
- **Solving Problems**
- **Pregnancy**
- **Boundaries**
- **Peer Pressure**

## **GRADUATION PLAN REQUIREMENTS**

Students will gain social-emotional-etiquette skills that will enable them to successfully participate in class work settings as well as in community settings and beyond. They will gain skills that will help them with social interactions with others so they can work as a team and be able to deal with team work, daily stressors, and deal with interacting with others in a respectful manner.