



Course Title: The Heart Connection: Build a Loving Relationship

Course Code: COM 89

Instructor Names: Shelley Giacalone & Leslyn McCallum

Class Sessions and Recording

Meeting days and times: Tuesdays, 5:00-7:30pm PT, July 11-August 8, 2023

Meeting location: Zoom

It is recommended that students attend live as much as possible, but the class sessions will be recorded if you need to miss a night or live in a time zone that makes that difficult.

Course Features

- Live session
 - Lecture, demonstration, practice time and discussion for students
 - Requires interaction and active participation
- Assignments & Coursework
 - Assignments and course materials posted in Canvas
 - Instructor will provide feedback on assignments
 - Students will complete self-assessments in a variety of formats
- Instructors will hold office hours

Grade Options and Requirements

- No Grade Requested (NGR)
 - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
 - Students must attend and/or view 4 class sessions.
- Letter Grade (A, B, C, D, No Pass)
 - For an "A" - Full attendance and participation (live attendance recommended) is required for all 5 class sessions, including 100% completion of all assessments uploaded to Canvas.
 - For a "B" - Full attendance and participation (live attendance recommended) for 4 class sessions, including 80% completion of all assessments uploaded to Canvas.
 - For a "C" - Attendance and participation (live attendance recommended) for 3 class sessions and 70% of assessments completed and uploaded to Canvas.
 - For a "D" or lower - Recommend NGR or CR/NC options.

Please contact the Stanford Continuing Studies office with any questions
365 Lasuen St., Stanford, CA 94305
continuingstudies@stanford.edu
650-725-2650

**Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.*

Target Audience and Prerequisites

This course is designed for individuals and couples. Ideally couples can attend class sessions together, whenever possible.

Learning Objectives

1. Describe the effects of communication on interpersonal relationships and social and cultural realities.
2. Demonstrate an understanding of effective interpersonal communication founded on communication theory and research.
3. Diagnose conflict in interpersonal relationships and demonstrate effective conflict management strategies.

Pre-class Assignments

1. You will complete a self-assessment titled How Good Are Your Communication Skills before the class begins:

<https://www.mindtools.com/a3y5cte/how-good-are-your-communication-skills>

2. Who We Are. Write one page about who you are and include a picture on the page. Upload to Canvas by July 9, 2023 at midnight.

Tentative Weekly Outline

Week 1 Orientation/Welcome Relationships Competence	World View Assessments Communication Competence Dr. Harville Hendrix- Imago Theory Healthy and Unhealthy Relationships Relational Patterns/ Family Influence Video Clips and Discussion <u>Homework:</u> Readings, Couple's Communication Assessment, Prepare Life Stories, Bids Assessment, Gottman Conflict Responses Test, Video of conflict
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PRELIMINARY COURSE SYLLABUS

<p>Week 2 Relational Theories/Skills</p>	<p>Life Stories - presentations Dr. Harville Hendrix - Imago Theory Dr. John Gottman- Lecture New Research/Theories - lecture Process Assessments Gottman-New Skills <u>Homework</u>: Readings, TKI Assessment Conflict Metaphors/World Views</p>
<p>Week 3 Conflict Management</p>	<p>Conflict Management in Relationships Gottman/Conflict- lecture TKI- Process and Lecture Conflict Groups/ Styles pros and cons Knapp's Stages of Relationships <u>Homework</u>: Readings, Prepare role-play Listening Assessments</p>
<p>Week 4 Mindful Listening/Negotiation</p>	<p>Process Listening Assessment Mindful Listening - lecture Listening Practice Role-plays- apply principles of ML/Gottman <u>Homework</u>: Readings, Prepare Communication Showcase/video</p>
<p>Week 5 Showcase/Final Assessments</p>	<p>Effective Communication Showcase/Presentations and Final Assessments</p>