

Western Technical College

10809199 Psychology of Human Relations

Course Outcome Summary

Course Information

Description	Explores the relationship between the general principles of psychology and our everyday lives. Students are given the opportunity to achieve a deepened sense of awareness of themselves and others. This understanding enables students to improve their relationships with others at work, in the family, and in society.
Instructional Level	Associate Degree Courses
Total Credits	3
Total Hours	54

Textbooks

Open Educational Resource: Principles of Social Psychology. Copyright 2012. Publisher: Saylor Academy.
<https://www.saylor.org/books/>

Open Educational Resource: Human Relations. Copyright 2012. Publisher: Saylor Academy.
<https://www.saylor.org/books/>

Success Abilities

1. Cultivate Passion: Enhance Personal Connections
2. Cultivate Passion: Expand a Growth-Mindset
3. Cultivate Passion: Increase Self-Awareness
4. Live Responsibly: Develop Resilience
5. Live Responsibly: Embrace Sustainability
6. Live Responsibly: Foster Accountability
7. Refine Professionalism: Act Ethically
8. Refine Professionalism: Improve Critical Thinking
9. Refine Professionalism: Participate Collaboratively
10. Refine Professionalism: Practice Effective Communication

Course Competencies

1. **Examine components of functional relationships.**

Assessment Strategies

- 1.1. in an oral, written and/or practical application either individually or in a group

Criteria

You will know you are successful when

- 1.1. you recognize the impact of self in relationships.
- 1.2. you differentiate functional/dysfunctional behaviors.
- 1.3. you analyze the influence of emotional intelligence on relationships.
- 1.4. you practice established principles of mutual respect.
- 1.5. you demonstrate a variety of interrelationship problem-solving techniques.
- 1.6. you recognize the value of diversity in human relationships.

Learning Objectives

- 1.a. Explain the influence of behavior on personal and professional relationships.
- 1.b. Identify the components of emotional intelligence as applied to self and others.
- 1.c. Solve interrelationship by applying different problem-solving techniques. Explain the value of a pluralistic society.
- 1.d. Explain the value of a pluralistic society.

2. Examine the nature of conflict resolution.

Assessment Strategies

- 2.1. in an oral, written and/or practical application either individually or in a group

Criteria

You will know you are successful when

- 2.1. you recognize variables that contribute to conflicts.
- 2.2. you identify types of conflict.
- 2.3. you consider the role of competition and cooperation in resolution strategies.
- 2.4. you use empathic listening skills.
- 2.5. you apply decision-making skills appropriate to specific conflicts you describe how culture plays a role in conflict.

Learning Objectives

- 2.a. Explain the contributing parts to interpersonal conflict.
- 2.b. Identify human behaviors contributing conflict.
- 2.c. Explain steps used to resolve conflicts.
- 2.d. Identify how cultural misunderstandings create an environment leading to conflict.

3. Analyze principles of motivation and personality theories.

Assessment Strategies

- 3.1. Oral, written and/or practical application either individually or in a group

Criteria

You will know you are successful when

- 3.1. you differentiate among personal motivational patterns.
- 3.2. you compare motivational theories.
- 3.3. you compare personality theories.
- 3.4. you examine personality assessment tools.
- 3.5. you apply personality theories to human needs.

Learning Objectives

- 3.a. Explain how different personalities affect relationships.
- 3.b. Identify how individual motivations influences relationship development.

4. Trace the development of self.

Assessment Strategies

- 4.1. Oral, written and/or practical application either individually or in a group

Criteria

You will know you are successful when

- 4.1. you assess self-concept as it relates to relationships.
- 4.2. you describe the development of self-efficacy and resilience.
- 4.3. you identify contributors to self-esteem.
- 4.4. you examine how culture affects the self.
- 4.5. you define strategies to improve self-esteem.

Learning Objectives

- 4.a. Explain how the environment influences development of the individual sense of self.
- 4.b. Explain the genetic component associated with individual sense self.
- 4.c. Identify ways to enhance individual resiliency.
- 4.d. Explain how the self-concept of an individual affects relationships.

5. Explore professional changes across the lifespan.

Assessment Strategies

- 5.1. Oral, written and/or practical application either individually or in a group

Criteria

You will know you are successful when

- 5.1. you explain the impact of professional changes across the lifespan.
- 5.2. you predict career changes that may occur.
- 5.3. you identify trends in career development.
- 5.4. you describe the nature of healthy professional relationships.
- 5.5. you describe the prevalence and consequences of harassment.

Learning Objectives

- 5.a. Identify the how personal growth changes career aspirations.
- 5.b. Identify how harassment effects career growth.
- 5.c. Identify the average career progression path.
- 5.d. Explain the role of mentorship in a career environment.

6. Examine the effect of social dynamics in a group.

Assessment Strategies

- 6.1. Oral, written and/or practical application either individually or in a group

Criteria

You will know you are successful when

- 6.1. you describe how groups effectively function in organizations.
- 6.2. you analyze an individual's role in a group setting.
- 6.3. you identify stages of group development.
- 6.4. you recognize barriers to effective group performance.
- 6.5. you apply social psychology concepts and theories as they relate to individuals and groups.

Learning Objectives

- 6.a. Identify hierarchal relationships within a group environment
- 6.b. Identify various types of groups found in an average society.
- 6.c. Explain the effects of self-identify, motivation and personality traits on group processes.

7. Analyze the impact of stress

Assessment Strategies

- 7.1. Oral, written and/or practical application either individually or in a group

Criteria

You will know you are successful when

- 7.1. you explain the stress process.
- 7.2. you describe the relationship between stress and health.
- 7.3. you describe the causes of stress.
- 7.4. you examine the physical, psychological and behavioral impact of stress on self and others.

Learning Objectives

- 7.a. Explain the stress cycle using the general adaptation syndrome.
- 7.b. Explain the long-term effects of stress on the human body and psyche.

8. Utilize stress management techniques.

Assessment Strategies

- 8.1. Oral, written and/or practical application either individually or in a group

Criteria

You will know you are successful when

- 8.1. you determine your personal and professional stressors.
- 8.2. you differentiate between effective and ineffective stress management techniques.
- 8.3. you select stress reducing methods that work best for you.
- 8.4. you practice the stress reducing techniques.

Learning Objectives

- 8.a. Identify individual stress levels.
- 8.b. Explain different types of good and back stress management skills.
- 8.c. Establish a personal stress management program.

9. Examine the impact of common psychological disorders on relationships.

Assessment Strategies

- 9.1. Oral, written and/or practical application either individually or in a group

Criteria

You will know you are successful when

- 9.1. you identify common psychological disorders.
- 9.2. you evaluate the effect of common psychological disorders/relationships.
- 9.3. you explain the diagnostic criteria and process.
- 9.4. you identify treatment strategies.
- 9.5. you identify biases related to common psychological disorders.

Learning Objectives

- 9.a. Identify the common psychological disorders in our society.
- 9.b. Explain the federal laws governing American Disabilities Act.
- 9.c. Explain federal laws governing The American Privacy Act.
- 9.d. Explain how psychological disorders can impact personal and professional relationships.
- 9.e. Explain the stigma associated with psychological disorders.
- 9.f. Identify various treatment strategies used to keep individuals with psychological disorders engaged in society.