

## **COUN 283 #56205– Parenting Strategies and Healthy Family Relationships**

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Class dates: January 12, 2021 - March 12, 2021

### **COURSE DESCRIPTION:**

This course examines the importance of family relationships and helps identify strategies that can lead to positive changes within the family. Students will learn strategies for effective parenting, effective communication, stress and anger management, domestic violence resolution, and personal boundary maintenance.

### **COURSE OUTCOMES:**

Upon completion of this course, student will be able to:

1. Describe the characteristics of healthy family relationships and effective positive communication skills within the family unit.
2. Compare and contrast effective parenting styles and list the developmental needs of children.

### **COURSE OBJECTIVES:**

In the process of completing this course, students will:

1. Discuss the characteristics of a healthy family and the developmental needs of children.
2. Review and practice strategies for parenting with love and logic.
3. Examine individual parenting styles.
4. Identify strategies that promote positive changes in families.
5. Identify own personality types and examine how to communicate effectively with other personality types.
6. Identify and employ strategies for effective communication and reduced conflict.
7. Identify positive guidance techniques for discipline.
8. Review and employ strategies for managing anger.
9. Recognize the signs of domestic abuse and learn effective safety planning strategies.

### **REQUIRED MATERIALS:**

**Textbooks:** Spin Cycle Stop – Bob Meade (Available at the RC Bookstore).

## **CLASS PARTICIPATION:**

Students are expected to complete class work on CANVAS. In addition, students are expected to complete the assigned work by the due date. If additional time is needed, it is the student's responsibility to make arrangements with the instructor and provide justification.

## **ACADEMIC DISHONESTY**

Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.

**CHEATING** is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another's work, supplying one's work to another, giving or receiving copies of examinations without an instructor's permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

**PLAGIARISM** is a specific form of cheating: the use of another's words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights. Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on a particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.

**Reasonable Accommodation(s):** If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

## **ASSIGNMENTS:**

Assignments are to be turned in on the scheduled due date, absences do not relieve the student of this responsibility. If assignments are not turned in on the scheduled due date, points will be reduced up to 10% and students that the assignment is late. Furthermore, it is the students'

responsibility to be aware of the due dates for readings, assignments, and activities rather than relying on reminders from the instructor. Assignments turned in are to be neatly done and complete in order to earn a grade.

**Grading Criteria:**

CREDIT = 70 % or more

NO CREDIT = 69% or less

\*\*\* This schedule is tentative and is subject to change. \*\*\*

*For Extra Credit*, ask about movie review worksheets for the following movies:

“Thirteen” by Katherine Hardwicke

“Enough” by Michael Apted with Jennifer Lopez

“Black and Blue” based on the novel by Anna Quindlen (ONE TRUE THING)

“The Burning Bed” by Robert Greenwald with Farrah Fawcett

“If Someone Had Known” by Eric Laneuville. With Kellie Martin, Kevin Dobson, Linda Kelsey

“The Story of Us” by Rob Reiner with Bruce Willis and Michelle Pfeiffer

“When A Man Loves a Woman” with Andy Garcia and Meg Ryan

**IMPORTANT DATES:**

- First day class begins **January 12, 2021**
- Last day to drop to avoid a “W” **January 18, 2021**
- Last day to drop to avoid an “F” **February 09, 2021**
- Holidays – **January 18, 2021 Martin Luther King Jr - No Class**  
**February 12, 2021 & February 15, 2021 President’s Day No Class**
- **Final Exam** **Week of March 8-12, 2021**