



Family Studies and Human Development Department

FSHD 1150 Section 01: Marriage Preparation and Enhancement

MWF 11-11:50 am

Instructor: Jason L. Wilde, Ph.D.

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Office Hours: 9am M-F

Office Location: WEDU 111

CRN: 42667

Semester/Year: Fall 2017

Credit Hours: 3.0

Class Location: WEDU 107

Prerequisites: None

Course Description: For students wishing to personally prepare for or enhance their marriage. Marital philosophies, theories and research will be studied with an applied focus. Course covers communication and conflict resolution skills, character development, and attitudes for successful marriages. Through engagement in practical personal development, students will also be introduced to career options in marital counseling and education.

Family Studies and Human Development Department Learning Outcomes:

1. Define currently accepted theory within the discipline.
2. Evaluate theory using applications and exercises to personalize the depth of knowledge and understanding.
3. Demonstrate professional practices specific to the discipline by completing assignments.
4. Show, in writing, the ability to think critically by:
 - a. Gathering information
 - b. Comparing and contrasting sources and quality of information
 - c. Evaluating information for reliability and validity
 - d. Creating resolutions/proposals to solve questions or problems within the discipline

Course Learning Outcomes: By the end of the semester, students enrolled in this course should be able to:

1. Use family theories to examine and explain marital formation and healthy marital functioning.
2. Use (pre)marital assessment tools (inventories); compare and contrast the leading inventories in the field.
3. Assess premarital factors that lead to marital health.
4. Demonstrate effective marital communication skills. Be able to identify negative marital communication patterns.
5. Identify and create development plans for enhancing personal and relational attributes (Marital Virtues: e.g., commitment, trust) that make marital health more likely.
6. Recognize areas of stress in marital relationships, and identify resources to help deal with stress.
7. Identify areas of marital conflict and demonstrate conflict resolution skills.
8. Discuss issues of human sexuality within marital relationships.
9. Understand marital issues surrounding the transition to parenthood.
10. Recognize signs of marital violence and give processes for healthy prevention and response.
11. Understand basic family finances and how to use family resource to enhance the marriage.
12. Use a Genogram to identify marital patterns in families.
13. Understand and create couple rituals of connection.

Outcomes will be assessed through written papers, oral exams, written exams, and presentations.

Required Texts: "Fighting for Your Marriage" (2010 revised edition) by Markman, Stanley & Blumberg, Jossey-Bass Publishers: San Francisco; and "The Seven Principles for Making Marriage Work" (2015 revised edition) by John M. Gottman & Nan Silver, Three Rivers Press: New York.

Other readings will be posted on Canvas.

Grading Summary (More detail given below):

Dailies	350
Reading Quizzes	280
Papers	400
Genogram Presentation	100
(Pre)marital Inventory Report	100
Oral Communication Skill Exam	100
Final Presentation	100
TOTAL	1430

Grading Scale:

A = 94-100%	B- = 80-83%	D+ = 67-69%
A- = 90-93%	C+ = 77-79%	D = 64-66%
B+ = 87-89%	C = 74-76%	D- = 60-63%
B = 84-86%	C- = 70-73%	F = below 60%

FSHD 1150 Schedule

***This syllabus and/or course schedule is subject to change with proper notice.*

Class Date	Due	Topic
Aug 21	Daily 1	Intro to course—Benefits of Marriage
23	Marital Philosophy readings; Quiz 1; Daily 2	Marital philosophies.
25	Daily 3	Genograms & Marital Patterns
28	Theory 1 readings; Quiz 2; Daily 4	Family Theories—Family Systems Theory
30	Theory 2 readings; Quiz 3; Daily 5	Family Theories—Ecological Theory
Sep 1	Theory 3 readings; Quiz 4; Daily 6	Family Theories—Social Exchange
6	Theory 4 readings; Quiz 5; Daily 7	Family Theories—Conflict
8	Theory 5 readings; Quiz 6; Daily 8	Family Theories—Symbolic Interaction
11	Genogram Presentations	Genogram Presentations
13	Genogram Presentations	Genogram Presentations
15	Genogram Presentations, Paper 1 (Philosophy/Theory)	Genogram Presentations
18	Premarital Prediction; Quiz 7; Daily 9	Premarital Prediction of Marital Health
20	“Principles” chp 1 & 2; “Fighting” chp 1; Quiz 8; Daily 10	Premarital Prediction of Marital Health
22	Daily 11	(Pre)marital Inventories
25	Take RELATE or Prepare/Enrich; “Principles” chp 3; Quiz 9; Daily 12	Negative Marital Communication Patterns
27	“Fighting” chp 2; Quiz 10; Daily 13	Negative Marital Communication Patterns
29	Daily 14	Negative Marital Communication Patterns
Oct 2	Premarital Inventory Report; “Fighting” chp 4; Quiz 11; Daily 15	Healthy Marital Communication Skills
4	“Fighting” chp 5; Quiz 12; Daily 16	Healthy Marital Communication Skills
6	“Principles” chp 4, 5; Quiz 13; Daily 17	Healthy Marital Communication Skills
9	“Principles” chp 6, 7; Quiz 14; Daily 18	Healthy Marital Communication Skills
11	Marital Virtues readings; Quiz 15; Daily 19	Marital Virtues
16	“Fighting” chp 9, 10; Quiz 16; Daily 20	Marital Virtues
18	“Fighting” chp 15, 16; Quiz 17; Daily 21	Marital Virtues
20	Paper 2 (Marital Virtues Plan); “Fighting” chp 3, 6; Quiz 18; Daily 22	Stress in Marriage
23	“Fighting” chp 14; Quiz 19; Daily 23	Stress in Marriage
25	“Principles” chp 8, 9; Quiz 20; Daily 24	Marital Conflict & Resolution Skills
27	“Fighting” chp 7, 8; Quiz 21; Daily 25	Marital Conflict & Resolution Skills
30	“Principles” chp 10, 11; Quiz 22; Daily 26	Marital Conflict & Resolution Skills

Nov 1	Daily 27	Marital Conflict & Resolution Skills
3	Intimate Partner Violence readings; Quiz 23; Daily 28	Intimate Partner Violence
6		Oral Communication Exam
8		Oral Communication Exam
10		Oral Communication Exam
13	Finances Readings; Quiz 24; Daily 29	Couple/Family Finances
15	Daily 30	Couple/Family Finances
17	Paper 3 (Financial Plan); "Fighting" chp 12; Quiz 25; Daily 31	Sex in Marriage
20	Daily 32	Sex in Marriage
27	"Principles" chp 12; Quiz 26; Daily 33	Rituals of Connection
29	"Fighting" chp 11; Quiz 27; Daily 34	Rituals of Connection
Dec 1	"Fighting" chp 13; Quiz 28; Daily 35	Rituals of Connection
4	Parenthood Readings; Quiz 29; Daily 36	Transition to Parenthood
6	Paper 4 (Rituals Plan); Daily 37	Transition to Parenthood
8		Course Wrap up
13	11am-1pm Final Presentations	

Assignment and Grading Detail

Daily (350 points): For each class period you will write a "daily." The daily should say something about what you found interesting and how you might use what you learned. You can also use the daily to give feedback about the course. You will give yourself a grade on each daily according to how involved you were in the class discussions: 1 point = "I was here but kept looking at my phone; did you say there was a paper due today?" 3 points = "I was here, maybe grunted a little to hopefully indicate listening," 5 = "I participated a little, supported my fellow students," 7 = "I put some of myself into what I said," up to 10 = "I was fully mentally engaged, thinking about the material, relating it to myself, sharing my thoughts, and being fully respectful of my fellow students." Note that there are 37 dailies available, you have two "free" days or a chance for up to 20 bonus points.

Reading Quizzes (10 points, 280 points total): Read the assigned readings before coming to class and take the attending reading quiz on Canvas. (Note there are 29 quizzes available, you will drop your lowest score.)

Papers (100 points, 400 points total): There are four (4) paper assignments for the semester. For each paper, illustrate how you see the applicable course concepts operating in your relationship/family by telling brief stories from your relationship/family experience and analyzing your relationship/family interactions in terms of the concepts, striving for greater insight into why your relationship/family interacts the way it does. Finally, using the insights gained, make specific plans for relationship improvement. Each paper must use a short-essay format with an introductory paragraph containing a thesis statement, supporting paragraphs in the body, and a conclusion that wraps up the paper. You will do two drafts of each paper—a rough draft and a final. After you write your rough draft, you will get feedback on it from another person (e.g., take it to the writing center). Put a note on the bottom of the rough draft indicating who you had review it, a summary of the comments, and what you will do to revise the paper. Then revise your paper, writing your final draft. Turn in both drafts. You will be graded on the content (quality of thought, depth of analysis, understanding of the concepts, specific plans made: 80 pts), quality of writing (15 pts), and doing two drafts (5 pts). Papers should be between three and four pages in length. Submit papers through Canvas by 11:59pm on the day due. All papers are to be double-spaced, using Times New Roman 12pt font and 1-inch margins. Headings of typed papers should include your name and the assignment title.

Genogram Presentation (100 points): You will create a genogram specifically looking at the marital relationships in your family. Use the genogram to examine the patterns of marriage and marital interaction. You will be given about 7 minutes to make a report to the instructor of your findings and how you think these patterns may impact you and what you potentially can do about these influences. You only need to cover findings/issues you are willing to discuss. Grades will be based on thoroughness of the genogram (50 pts), depth of the insights (25 pts), and plausibility of the action plan (25 pts).

(Pre)marital Inventory Report (100 points): You will take a (pre)marital inventory (either RELATE or Prepare/Enrich). Using the results from the inventory, you will write a 3-4 page report on issues/insights it helped you see. You will make a distinct plan for how to use the results to improve your (future) marital relationship. Grades will be based on taking the inventory (50 pts), depth of the insights (20 pts), plausibility of the action plan (20 pts), and quality of writing (10 pts).

Oral Communication Skill Exam (100 points): You and a partner from the class will demonstrate use of the healthy marital communication skills covered in the course. Each pair will be given approximately 10 minutes. Each pair will be given a set of scenarios ahead of the exam time so they can practice. One of the scenarios will be randomly selected for the oral exam. Grades will be based on accurate use of the communication skills (100 pts).

Final Presentation (100 points): Rather than a final exam, you will give an oral presentation to the class. This will be a 5-7 minute presentation covering the topic of your choice that completes the sentence: *“From what I learned in this class, a vital piece of advice I give myself about how to have a healthy marriage is _____.”* You will need to cover appropriate definitions and theory related to the concepts involved in your “advice” as well as relevant research findings and personal applications/plans regarding this advice. You will present this using visuals, handouts, videos, PowerPoint—anything to enhance your experience in a way that works best for you. You will have a lot of liberty to be creative and personal in your presentation. More guidance and required content for the final presentation will be discussed as we get closer to the end of the semester.

Notes from the Instructor

This class offers you an amazing opportunity to learn about how marriages can function in a healthy manner. You can apply this both professionally and personally. We seem to learn best about marriage/relationships by examining our own experiences and hearing about others’ experiences. You will have many opportunities for personal reflection about your own relationship(s) (and your family’s relationships) and for sharing experiences with your small group. You are not required to share anything you consider too personal, private, or which you have unsettled feelings about. You may respectfully remain silent on any topic and all fellow students will respect the silence of any peers. If any discussions or topics cause you distress or significant discomfort, I encourage you to seek professional assistance through the Health and Wellness Center (<https://wellness.dixie.edu/>). Now is a good time to address issues that may be hampering your ability to have a healthy marital relationship. The class discussions are **not** meant to be group therapy. Do your personal examinations deeply before class and decide what you may be willing to share. The more you appropriately participate, the more you are likely to learn.

About the Instructor

I hold a Ph.D. in Family Social Science from the University of Minnesota, and a Master’s of Science and a Bachelor’s of Science from Brigham Young University. My wife and I have been married for 22 years and we have eight children (all sons, no daughters). For fun (other than teaching, which I thoroughly enjoy) I play with my family, do long-distance trail running, tinker on the piano, read good books, play chess and other such games, and make up children’s stories. I’m here at Dixie State University to help you learn—whatever I can do to help you succeed, please ask, and I’ll do my best to assist you or get you to the right resource for you to use in your quest.

Class/College Regulations and Information

DSU Policies: Go to <http://academics.dixie.edu/syllabus/> for comprehensive information on the Semester Dates, the Final Exam Schedule, University resources such as the library, Disability Resource Center, IT Student Help Desk, Online Writing Lab, Testing Center, Tutoring Center, and Writing Center. In addition, please review DSU policies and statements with regards to Academic Integrity, Disruptive Behavior and Absences related to university functions.

If you are a student with a medical, psychological, or learning disability or think you might have a disability and would like accommodations, contact the Disability Resource Center (652-7516) in the North Plaza. The Disability Resource Center (<http://dixie.edu/drcenter/>) will determine eligibility of the student requesting special services and determine the appropriate accommodations related to their disability.