

Master Course Syllabus

For additional course information, including prerequisites, corequisites, and course fees, please refer to the Catalog: <https://catalog.uvu.edu/>

Semester: Spring

Year: 2025

Course Prefix: FAMS

Course and Section #: 1150 – X04

Course Title: Marriage & Relationship Skills

Credits: 3

Course Description

Guides students in building a lasting intimate relationship of their own and in understanding and teaching relationship maintenance and improvement strategies based on large-scale scientifically derived marriage and relationship principles. Utilizes cutting edge research on factors and issues related to relationship success and outcome including whom and when to marry and how to build stable and happy relationships over time. Stresses increased understanding of desirable relationship outcomes and how to achieve them.

Course Attributes

This course has the following attributes:

- General Education Requirements
- Global/Intercultural Graduation Requirements
- Writing Enriched Graduation Requirements
- Discipline Core Requirements in Program
- Elective Core Requirements in Program
- Open Elective

Other: *Click here to enter text.*

Instructor Information

Instructor Name: Rachel Augustus

Student Learning Outcomes

Upon successful completion of the course students should be able to:

1. Analyze the empirical evidence and importance of becoming emotionally and psychologically healthy before and during romantic relationships.
2. Define ethical and moral issues that underpin the study and intervention of marriage and other relationships.
3. Identify the dynamics of family background, gender, singlehood, sex, friendship, attraction dating, and mate selection, and how they influence and relate to romantic relationships.
4. Articulate the roles of work and family as well as material resources.
5. Describe the influence of power, decision making, and communication.
6. Apply skills in conflict resolution within romantic relationships.
7. Examine the dynamics of divorce, remarriage, and step-parenting.

Course Materials and Texts

Markman, H. J., Stanley, S. M., Rhoades, G. K., & Levine, J. R. (2024). *Fighting for your marriage: Positive steps for preventing divorce and building a lasting love* (4th Ed.). San Francisco, CA: Jossey-Bass.

Van Epp, J. (2007). *How to avoid falling in love with a jerk*. New York, NY: McGraw-Hill.

Course Requirements

Course Assignments, Assessments, and Grading Policy

1. Video Introduction – To help professor get to know online students
2. Preparation Quizzes – Cover content from assigned readings
3. Application Journal Entries – Students reflect and apply content from lecture, assignments and readings
4. Personal Reflection Assignments – Papers asking students to reflect on their self (strengths and weaknesses), relationship expectations and sexual scripts
5. Marriage & Relationship Interview Assignments – Students asked to learn from those at different stages of relationships by interviewing and writing a summary of those interviews.
6. Final Assessment – Paper asking students to reflect on the entire semester and identify specific applications of the material.

Grading Scale:

A 100% - 94% B 85.9% - 83% C 75.9% - 73% D 65.9% - 63%
A- 93.9% - 90% B- 82.9% - 80% C- 72.9% - 70% D- 62.9% - 60%
B+ 89.9% - 86% C+ 79.9% - 76% D+ 69.9% - 66% E 59.9% and below

Required or Recommended Reading Assignments

Full texts listed above

General Description of the Subject Matter of Each Lecture or Discussion

Module 1

Lecture 1: Theories of Romantic Relationships

Lecture 2: Introduction to The Relationship Attachment Model (RAM)

Lecture 3: Personal Well-Being and Becoming Your BEST Self

Lecture 4: (Take Assessment FIRST) Attachment Adaptation Strategies

Module 2

Lecture 1: Mate Selection and Premarital Predictors

Lecture 2: Attraction in Romantic Relationships

Lecture 3: Getting to Know Your Partner Through Self-Disclosure

Module 3

Lecture 1: Gay & Lesbian Romantic Relationships

Lecture 2: Becoming a Transitional Character

Lecture 3: Cognitions in Romantic Relationships

Lecture 4: Trust & Reliance in Romantic Relationships

Module 4

Lecture 1: Sexual Intimacy in Premarital Relationships

Lecture 2: Deception & Betrayal in Romantic Relationships

Lecture 3: Intimate Partner Violence

Lecture 4: Don't Get a Relationship DUI (Decision Under the Influence)

Lecture 5: Breaking Up in Premarital Relationships

Module 5:

Lecture 1 & 2: Transition to Marriage

Lecture 3 & 4: Transition to Parenthood

Module 6:

Lecture 1: It's Not All About Communication

Lecture 2: Identifying and Sharing Our Raw Spots

Lecture 3: Understanding the World of Withdrawers and Pursuers

Lecture 4: Conflict in Romantic Relationships

Lecture 5: Repairing from Disconnection

Module 7:

Lecture 1: Testing Your Sexual Knowledge

Lecture 2 & 3: Sexual Intimacy in Committed Relationships

Lecture 4: Fun & Play in Relationships

Module 8:

Lecture 1: Religion, Core Beliefs & Marriage

Lecture 2: Forgiveness in Romantic Relationships

Required Course Syllabus Statements

Generative AI

The use of Artificial Intelligence (i.e. ChatGPT) creates a unique opportunity for use in many aspects of education and work. However, this course is primarily meant to be personal with the assignments designed to be experiential and reflective. As such, AI is not appropriate for use in most assignments in the course. If you would like to use AI in this course, you must first ask for the permission of the instructor and discuss the plans and purposes of doing so. Outside of discussed and approved circumstances, the use of AI is considered a form of academic dishonesty.

Using Remote Testing Software

This course does not use remote testing software.

This course uses remote testing software. Remote test-takers may choose their remote testing locations. Please note, however, that the testing software used for this may conduct a brief scan of remote test-takers' immediate surroundings, may require use of a webcam while taking an exam, may require the microphone be on while taking an exam, or may require other practices to confirm academic honesty. Test-takers therefore shall have no expectation of privacy in their test-taking location during, or immediately preceding, remote testing. If a student strongly objects to using test-taking software, the student should contact the instructor at the beginning of the semester to determine whether alternative testing arrangements are feasible. Alternatives are not guaranteed.

Required University Syllabus Statements

Accommodations/Students with Disabilities

Students needing accommodations due to a permanent or temporary disability, pregnancy or pregnancy-related conditions may contact UVU [Accessibility Services](#) at accessibilityservices@uvu.edu or 801-863-8747.

Accessibility Services is located on the Orem Campus in BA 110.

Deaf/Hard of Hearing students requesting ASL interpreters or transcribers can contact Accessibility Services to set up accommodations. Deaf/Hard of Hearing services can be contacted at DHHservices@uvu.edu

DHH is located on the Orem Campus in BA 112.

Academic Integrity

At Utah Valley University, faculty and students operate in an atmosphere of mutual trust. Maintaining an atmosphere of academic integrity allows for free exchange of ideas and enables all members of the community to achieve their highest potential. Our goal is to foster an intellectual atmosphere that produces scholars of integrity and imaginative thought. In all academic work, the ideas and contributions of others must be appropriately acknowledged and UVU students are expected to produce their own original academic work.

Faculty and students share the responsibility of ensuring the honesty and fairness of the intellectual environment at UVU. Students have a responsibility to promote academic integrity at the university by not participating in or facilitating others' participation in any act of academic dishonesty. As members of the academic community, students must become familiar with their [rights and responsibilities](#). In each course, they are responsible for knowing the requirements and restrictions regarding research and writing, assessments, collaborative work, the use of study aids, the appropriateness of assistance, and other issues. Likewise, instructors are responsible to clearly state expectations and model best practices.

Further information on what constitutes academic dishonesty is detailed in [UVU Policy 541: Student Code of Conduct](#).

Equity and Title IX

Utah Valley University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age (40 and over), disability, veteran status, pregnancy, childbirth, or pregnancy-related conditions, citizenship, genetic information, or other basis protected by applicable law, including Title IX and 34 C.F.R. Part 106, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services. Inquiries about nondiscrimination at UVU may be directed to the U.S. Department of Education's Office for Civil Rights or UVU's Title IX Coordinator at 801-863-7999 – TitleIX@uvu.edu – 800 W University Pkwy, Orem, 84058, Suite BA 203.

Religious Accommodation

UVU values and acknowledges the array of worldviews, faiths, and religions represented in our student body, and as such provides supportive accommodations for students. Religious belief or conscience broadly includes religious, non-religious, theistic, or non-theistic moral or ethical beliefs as well as

participation in religious holidays, observances, or activities. Accommodations may include scheduling or due-date modifications or make-up assignments for missed class work.

To seek a religious accommodation, a student must provide written notice to the instructor and the Director of Accessibility Services at accessibilityservices@uvu.edu. If the accommodation relates to a scheduling conflict, the notice should include the date, time, and brief description of the difficulty posed by the conflict. Such requests should be made as soon as the student is aware of the prospective scheduling conflict.

While religious expression is welcome throughout campus, UVU also has a [specially dedicated space](#) for meditation, prayer, reflection, or other forms of religious expression.