

WTCS Repository

10-809-199 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.

Total Credits 3.00

Pre/Corequisites

Prerequisite Each Wisconsin Technical College determines the General Education course prerequisites used by their academic institution. If prerequisites for a course are determined to be appropriate, the final Course Outcome Summary must identify the prerequisites approved for use by the individual Technical College.

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

- 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

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

- 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
- 2.6. you describe how culture plays a role in 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

- 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

4. Trace the development of self

Assessment Strategies

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

Criteria

- 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

5. Explore professional changes across the lifespan

Assessment Strategies

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

Criteria

- 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

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

- 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

7. Analyze the impact of stress

Assessment Strategies

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

Criteria

- 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

8. Utilize stress management techniques

Assessment Strategies

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

Criteria

- 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

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

- 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