

## WTCS Repository

10-809-199 Psychology of Human Relations

# Course Outcome Summary

### Course Information

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|  | 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 |

Pre/Corequisites

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| 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

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| 1. | Examine components of functional relationships |
|  | Assessment Strategies |
|  | 1.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 1.1. | recognize the impact of self in relationships |
|  | 1.2. | differentiate functional/dysfunctional behaviors |
|  | 1.3. | analyze the influence of emotional intelligence on relationships |
|  | 1.4. | recognize the value of diversity in human relationships |
| 2. | Examine the nature of conflict resolution  |
|  | Assessment Strategies |
|  | 2.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 2.1. | recognize variables that contribute to conflicts |
|  | 2.2. | identify types of conflict |
|  | 2.3. | consider the role of competition and cooperation in resolution strategies |
|  | 2.4. | use active listening skills |
|  | 2.5. | apply decision-making skills appropriate to specific conflicts  |
|  | 2.6. | describe how culture plays a role in conflict |
| 3. | Analyze principles of motivation and personality theories |
|  | Assessment Strategies |
|  | 3.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 3.1. | differentiate among personal motivational patterns |
|  | 3.2. | compare motivational theories |
|  | 3.3. | compare personality theories |
|  | 3.4. | examine personality assessment tools |
|  | 3.5. | apply personality theories to human needs |
| 4. | Explore the development of self |
|  | Assessment Strategies |
|  | 4.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 4.1. | explain self-concept as it relates to relationships |
|  | 4.2. | describe the development of self-efficacy and resilience |
|  | 4.3. | identify contributors to self-esteem |
|  | 4.4. | examine how culture affects the self |
|  | 4.5. | define strategies to improve self-esteem |
| 5. | Explore professional changes across the lifespan |
|  | Assessment Strategies |
|  | 5.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 5.1. | explain the impact of professional changes across the lifespan |
|  | 5.2. | predict career changes that may occur |
|  | 5.3. | identify trends in career development |
|  | 5.4. | describe the nature of healthy professional relationships |
|  | 5.5. | describe the prevalence and consequences of harassment |
| 6. | Examine the effect of social dynamics in a group |
|  | Assessment Strategies |
|  | 6.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 6.1. | describe how groups effectively function in organizations |
|  | 6.2. | analyze an individual’s role in a group setting |
|  | 6.3. | identify stages of group development |
|  | 6.4. | recognize barriers to effective group performance  |
|  | 6.5. | 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, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 7.1. | explain the stress process |
|  | 7.2. | describe the relationship between stress and health |
|  | 7.3. | describe the causes of stress |
|  | 7.4. | examine the physical, psychological and behavioral impact of stress on self and others |
| 8. | Utilize stress management techniques |
|  | Assessment Strategies |
|  | 8.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 8.1. | determine your personal and professional stressors |
|  | 8.2. | differentiate between effective and ineffective stress management techniques |
|  | 8.3. | select stress reducing methods that work best for you |
|  | 8.4. | practice the stress reducing techniques |
| 9. | Examine the impact of common psychological disorders on relationships  |
|  | Assessment Strategies |
|  | 9.1. | Oral, Written, Graphic and/or Skill Assessment |
|  | Criteria |
|  | 9.1. | identify common psychological disorders |
|  | 9.2. | evaluate the effect of common psychological disorders  relationships |
|  | 9.3. | explain the diagnostic criteria and process |
|  | 9.4. | identify treatment strategies |
|  | 9.5. | identify biases related to common psychological disorders |