

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY**  
**PSY 125 - INTERPERSONAL RELATIONSHIPS (3 CR.)**

**Course description**

Studies individual behavior as it affects the individual's relationships. Considers such topics as attitudes, needs, values, leadership, communication, and group dynamics. Teaches constructive methods of interpersonal problem solving. Lecture 3 hours per week.

**General Course Purpose**

The purpose of this course is to familiarize the student with current theories and research involving close relationships and equip them with concrete techniques that will improve their relationships with others. It will discuss many different types of dyadic relationships, such as close friendships, romantic relationships, work relationships, and familial relationships. Topics include the initiation, maintenance and dissolutions of these relationships with a focus on improving interpersonal relationships within our own lives. Students will also learn common therapy techniques for improving relationship stability

**Course Prerequisite/Corequisite**

None

**Course Objectives**

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

- Describe the most common relationship theories and be able to distinguish between them
- Analyze the strengths and weakness of various types of research methods in the field.
- Criticize relationship advice by comparing it with research findings
- Apply scientific findings toward improving interpersonal relationships within our own lives
- Describe several dispositional traits that are associated with positive relationship outcomes and negative relationship outcomes
- List and criticize different techniques for increasing attraction between individuals
- Recognize the main taxonomies of love
- List common reasons why relationships dissolve
- Develop therapy techniques for improving relationship stability

**Major Topics to be Included**

- Types of Relationships
- Relationship theories
- Scientific techniques used in relationship research
- Physical and psychological attraction factors
- Impression formation research
- Relationship satisfaction and stability
- Conflict, dissolution, and techniques for positive intervention
- Social and cultural perspectives on relationships
- Intracultural and intercultural interactions

**Optional Topics**

- Learning principles that relate to relationship management
- Personality theories