

Relationships and Emotions, Semester A

Credits: 0.5

Course Overview and Goals

Relationships and Emotions, Semester A, is the first part of a two-semester course. The course begins with an overview of the various facets and complexities of both relationships and emotions. You will learn the importance of communication skills in building relationships. You will differentiate between problem-solving and critical thinking, which are skills essential for a fulfilling life. You will learn to distinguish between long-term and short-term goals, while understanding the meaning of SMART goals. You will learn to manage time effectively to fulfill your goals. As the course progresses, you will explore different kinds of relationships, including familial and other common societal relationships, while distinguishing between healthy and unhealthy relationships. You will explore the various stages in the family cycle and understand each stage. Finally, the course discusses the significance and value of diversity and inclusivity in society.

This course consists of 13 lessons organized into four units, four Unit Activities, and four Discussions. Additionally, there is one Course Activity and one Course Project that you need to work on throughout the course. Each lesson contains one or more Lesson Activities. You will grade your work in the Lesson Activities by comparing it to sample responses. You will submit the Unit Activities, Course Activity, and Course Project to your teacher for grading.

By the end of this course, you will be able to do the following:

- ❖ Analyze the importance of effective communication, critical thinking skills, teamwork, and other interpersonal skills in personal and professional life.
- ❖ Evaluate the dynamics of healthy and unhealthy relationships of various kinds.
- ❖ Predict how external factors can influence a family member's career choices.
- ❖ Examine the impact of stress, grief, and other challenges on individuals and relationships.
- ❖ Assess how positive factors such as inclusivity can influence relationship dynamics.

UNIT 1: INTERPERSONAL SKILLS (DAYS 1 – 28)

In this unit, you will learn about various interpersonal skills. You will understand the concept of effective communication, verbal and nonverbal communication, and different communication styles. You will develop problem-solving and critical thinking skills along with time-management and goal setting skills. You will also appreciate the importance of teamwork and the factors and effects of effective teamwork.

Lesson	Lesson Objective
Syllabus and Orientation	Review the Student Orientation and Course Syllabus at the beginning of this course.
Communications Skills	Identify effective communication skills and strategies.
Problem-Solving and Critical Thinking	Recognize the importance of problem-solving and critical thinking skills, and weigh the benefits of these skills in personal and professional life.
Time Management and Goal Setting	Recognize the importance of time management and goal setting, and create short-term and long-term goals, incorporating effective time-management strategies.
Teamwork	Analyze the importance of collaboration and teamwork, and outline the steps needed to build an effective team.
Course Project	Turning Your Passion into a Career

UNIT 2: MANAGING RELATIONSHIPS (DAYS 29 – 49)

In this unit, you will learn about managing different relationships, such as relationships in the family, community, and in your career. You will distinguish between healthy and unhealthy relationships and understand why it is important to cultivate healthy relationships. You will learn about diversity and inclusivity and their importance in creating a harmonious world. You will also appreciate diverse cultures.

Lesson	Lesson Objective
Relationships in Careers, Community, and Family	Determine the purposes and expectations of various types of relationships in career, community, and family settings.

Healthy and Unhealthy Relationships	Identify the dynamics of healthy and unhealthy relationships, exploring how emotions, thoughts, and behaviors affect family, marital, community, and professional relationships.
Diversity and Inclusivity	Discover the value of cross-cultural sensitivity and inclusivity in maintaining relationships and creating tolerance of diversity at a global level.
Course Activity	Increase Cross-Cultural Sensitivity and Inclusivity in Your School

UNIT 3: FAMILY (DAYS 50 – 70)

In this unit, you will learn about the structures of families and the functions of individuals in families. You will describe diverse family structures. You will determine the influence of effective family functioning on society and the community. You will then identify the phases of the family life cycle and explain the changes that occur at each stage. You will learn to prepare effective management strategies for the changes that occur. You will learn about the factors that affect career choices in families and how they affect workplace productivity. You will also examine the impact of technology on career options and family roles.

Lesson	Lesson Objective
Family as a Unit	Identify and analyze components of a successful marriage and effective family structures.
Family Life Cycle	Recognize how changes occurring throughout the family life cycle affect individuals and families.
Role of Family in Career Choices	Evaluate the influence of norms, values, finances, parental educational achievement, familial pressure, role models, and technology on a family member's career choices.

UNIT 4: DEALING WITH LIFE CHALLENGES (DAYS 71 – 90)

In this unit, you will learn about crisis and stress management. You will explore the factors that cause crisis and stress and the techniques to cope with these challenges. You will distinguish between the different types of crises and locate the resources and support systems that will assist during crises. You will also list ways to avoid stress. You will understand the concept of loss, grief, and bereavement and the theories associated with grief. You will examine the

psychosocial needs of the bereaved, the effect of grief, loss, and bereavement, and the strategies that help deal with related moral and ethical issues.

Lesson	Lesson Objective
Crisis Management	Identify the types of needs and crises experienced by individuals and families, and evaluate management strategies to meet these needs.
Stress Management	Recognize the need for stress management, and evaluate various stress management techniques.
Loss and Grief	Discover the process of bereavement and grief, and examine the impact of loss.