Miyazaki International College

Course Syllabus

Spring 2021

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| Course Title (Credits) | SSI 206-1 ISSUES IN HUMAN RELATIONSHIPS (4) |
| Course Designation for TC | N/A |
| Content Teacher |
| Instructor | Aya Kasai, Ph.D. LMFT (実務経験のある教員) |
| E-mail address | akasai@sky.miyazaki-mic.ac.jp |
| Office/Ext | 1-405 / 3730 |
| Office hours | Tue / Thu 3:30 – 5:00 and by apppintment |
| Language Teacher |
| Instructor | N/A |
| E-mail address |  |
| Office/Ext |  |
| Office hours |  |

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| Course Description: |
| A global examination of the major patterns of human relations including gender, the family, and the workplace in different cultures and institutions. This course is designed to help students learn about some major components of relationships to self and others, including cultural influences. Students will be encouraged to think critically by examining theories about human relationships and by applying knowledge from the course to real-life situations. |
| Course Objectives: |
| **Content-based goals*** To know more about types and functions of emotions
* To learn about and begin to apply developmental and cultural concepts to better understand human relationships
* To consider functional and dysfunctional relationships and dynamics through applying theories and concepts from reflective practice
* To gain knowledge about self-awareness and communication
* To increase/develop an appreciation and curiosity for intra- and inter-personal relationships of self and others

**Critical thinking goals**Students will learn to think critically by identifying advantages and disadvantages of theories about human relationships, describing their own thoughts and feelings, and exploring and discussing different viewpoints. Activities will also be implemented toa) help students learn key ideas & fundamental points about this subject/this fieldb) help students learn background and history related to this subject/fieldc) help students learn to connect this subject/field to the world around themd) help students learn how to compare, analyze, synthesize, apply, justify, categorize, explain, discuss as a way to develop their skills as critical thinkers**English skill goals**We will work to help students improve their language skills in the following areas.**Reading Skills**a) build vocabulary and content knowledgeb) learn reading skills in order to be able to access fundamental content ideas**Writing Skills**a) reinforce structures learned in Academic Writing classesb) think critically about content ideas, make connections between content ideas and the world around, and be able to display these connections in written form**Speaking Skills**a) feel confident about speakingb) express ideas smoothly and logically in class discussionsc) ask questions and support arguments with ideas from readings/ lectures and the world around.**Active Learning**Class activities include various active learning strategies:* Interactive lectures / discussion
* Group work
* Creative arts
* Reading / writing / film
* Oral presentations
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| Course Schedule: |
| Day | Topic | Content/Activities |
| 1 | IntroductionUnit1: Relationship with Self | Introduction to the course and syllabus Understanding emotions |
| 2 | Understanding emotion | identifying emotions and sensations |
| 3 | Observing Emotion | monitoring emotions |
| 4 | Putting Emotion to work | expressing emotions |
| 5 | Handling emotions | regulation of emotions |
| 6 | Integration | Review activities |
| 7 | Unit2: Relationship with others | Fight, flight, freeze |
| 8 | Our brain system | Animal survival |
| 9 | Our body and mind | Autonomic nervous system |
| 10 | Experiment | ANS experiment |
| 11 | Resource | Resource for our ANS |
| 12 | Resiliency | Tapping touch |
| 13 | Integration | Review activities |
| 14 | Unit 3: Healthy relationship | What makes a good relationship? |
| 15 | Friendship | Making and maintaining friendship |
| 16 | Partnership 1 | Romantic relationship |
| 17 | Partnership 2 | What does healthy partnership look like? |
| 18 | Presentation 1 | Art project |
| 19 | Presentation 2 | Poster session |
| 20 | Integration | Break ups and moving on |
| 21 | Unit 4; Relationship in society | Power dynamics |
| 22 | Nonviolent communication 1 | Power dynamics in groups |
| 23 | Nonviolent communication 2 | Bullying |
| 24 | Violence and non-violence | Understanding types of violence |
| 25 | Oppression | Understanding oppression |
| 26 | Relationship in the world | Workshop on violence and non-violence |
| 27 | Research skills 1 | Conduct a literature review |
| 28 | Research skills 2 | Conduct a literature review |
| 29 | Presentation 1 | Presentation of literature review |
| 30 | Presentation 2 | Presentation of literature review |
| Week 16 | Final Exam |  |
| Required Materials: |
| Students should have a two-hole binder or similar file for keeping track of their notes and reading assignments. Reading assignments will be handed out in class and/or posted on Moodle.Loose leaf paper, USB, writing utensils, dictionary are also required. |
| Course Policies (Attendance, etc.): |
| As course participants, students are expected to attend all classes, and to participate actively as members of the class. If you miss the first class, your place maybe given to a waitlisted student. If a student has more than 4 unexcused absences, they may be required to withdraw from the class. It is the responsibility of the student to inform the instructors of any scheduled absences. If you miss a class, you are expected to obtain missing materials and catch up by talking to other students and/or visiting instructors in our office(s). |
| Class Preparation and Review: |
| Students are expected to spend at least one hour reviewing and doing homework and one hour preparing for every hour of lesson time. |
| Grades and Grading Standards: |
| Quizzes 20%Assignments/Homework 35%Participation 15%Mid-term & final projects 30% |
| Methods of Feedback: |
| Generally, feedback for assignments will be given in two weeks as written comments or as points. |
| Diploma Policy Objectives: |
| Work completed in this course helps students achieve the following Diploma Policy objective(s):1. Advanced thinking skills (comparison, analysis, synthesis, and evaluation) based on critical thinking (critical and analytic thought)2. The ability to understand and accept different cultures developed through acquisition of a broad knowledge and comparison of the cultures of Japan and other nations.3. The ability to identify and solve problems.4. Advanced communicative proficiency in both Japanese and English. 5. Proficiency in the use of information technology. |
| Notes:  |
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