



## HFST 2400

**Division:** Social and Behavioral Science

**Department:** Home and Family Studies

**Course:** HFST 2400

**Title:** Family Relations

**Catalog Description:**

In this course students gain an understanding of how relationships are created and maintained in the family system. The course discusses family theory (family systems theory, structure function theory, exchange theory, conflict theory, family development theory etc.), using examples taken from contemporary literature and film to illustrate classroom concepts. Parenting skills and other practical suggestions to challenges facing families today are also included.

**General Education Requirements:** Science Inquiry

**Semesters Offered:** Fall, Spring

**Credit/Time Requirement:** Credit: 3; Lecture: 3; Lab: 0

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Justification:**

The course is designed to be an introductory course in the study of the family and the many issues that impact these relationships. The course is required for Human Development, Family Science and Family and Consumer Science Education majors, as well as the Family Life one-year Certificate of Completion unique to Snow College. It serves as an elective credit for a number of related majors (Social Work and Psychology, for example). The course is articulated to each of the schools in the state system of higher education.

**Student Learning Outcomes:**

The student will be able to:

- identify and describe the different types of families and explain why it is so difficult to define just what a family is in today's society.
- compare and contrast the essential elements of the major family theories.
- identify and describe the key factors associated with maintaining healthy family relationships.
- describe the importance of examining families in the proper historical, cultural, and socioeconomic context.
- recognize and apply the appropriate relationship principles, family paradigms and appropriate theoretical framework exhibited by the families in the films shown in class.
- describe how families have changed throughout history and how the roles of family members have changed over time.

**Content:**

- Relationship Principles
- Family Life Now - Families in Context
- Understanding Families Through Research & Theory
- Family Communication, Conflict & Forgiveness
- Gender in Today's Society
- Intimacy & Affectionate Bonds
- Love and the Path to Commitment
- Sexuality
- Parenting
- Relationship Deterioration & Divorce
- Family Change: Stress, Crisis & Transition

**General Education Outcomes:**

4) Retrieve, evaluate, interpret, and deliver information through a variety of traditional and electronic media.

Groups of students are assigned to read a contemporary work on relationships and families and present information to the rest of the class. These presentations use a variety of media. Points are given for the creativity and novelty of the presentation. The presentations are evaluated by the students and the instructor.

5) Apply a cultural and historical awareness to a variety of phenomena.

Students are asked to describe their family of orientation from a number of different contexts including historical, traditions and rituals, family dynamics & family processes. The instructor evaluate the project for the proper application of theories and principles and makes suggestions as needed.

7) Apply scientific reasoning to a variety of contexts.

Students are asked to design a study designed to answer a question they have about families today. The instructor evaluates the students choice of research methods and offers suggestions for improvement.

**Key Performance Indicators:**

Students Learning Outcomes will be assessed by two or more of the following Key Performance Indicators:

- Exams
- Written Assignments
- Literature Review
- One-Minute Papers
- Oral Presentations

**Representative Text and/or Supplies:**

Welch, Kely J. (current edition). *Family Life Now*. Allyn and Bacon Publishing.

Popkin, Michael (current edition). *Active Parenting Now in 3*. Active Parenting Publishers.

Misc. contemporary books such as:

- *Fatherless America*
- *When Work Dose'n't Work Anymore*
- *Men are From Mars, Women are From Venus*
- etc.

Fims:

- *Ordinary People*
- *A River Runs Through It*
- *Mrs. Doubtfire*
- *Dad*

**Optimum Class Size: 24**

**Maximum Class Size: 35**

**Signatures:**

I hereby submit this course syllabus:

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Kim Cragun, MS, Associate Professor

I hereby find this course consistent with the goals and resources of the Home and Family Studies Department:

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Kim Cragun, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)