



**Psychology 380J-101
Introduction to Family Processes
2022/23 Winter Term 2
Online Course**

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PSYO 380J (3) Introduction to Family Processes

We will examine the interpersonal processes that take place within family contexts. The emphasis is on family dynamics and the linkages between family processes and the broader social environment. Covered topics include theoretical perspectives, dynamics of close relationships, developmental stages of family life, and family challenges and resilience. [3-0-0]

Prerequisite: Two of PSYO 219, PSYO 220, PSYO 230, PSYO 241, PSYO 252, PSYO 270, PSYO 271, PSYO 298, PSYO 299 or 6 credits of 200-level Psychology.

Course Format

This course will be delivered online via *Canvas*. Weekly online modules will include chapter readings from the course textbook, “lectures” in audio/visual format, and additional supplementary information (e.g., videos, activities). See Canvas for full details.

Course Overview, Content, and Objectives

We will examine the interpersonal processes that take place within family contexts. The emphasis is on family dynamics and the linkages between family processes and the broader social environment. We will introduce basic concepts of family research.

We will provide a research-oriented overview of the theoretical perspectives of interpersonal relationships that exist within diverse family contexts. The focus is on relationship dynamics, such as couple and marital relationships, parent-child relationships, sibling relationships, extended family, and step-families. Also considered are linkages between family processes and larger social ecologies. Topics include theoretical perspectives, the social contexts of intimate relationships, the dynamics of intimate relationships, the stages of intimate relationships, and family challenges and opportunities.

Please note that we discuss socially sensitive topics including sexuality, divorce, and abuse and interpersonal violence in this class. These topics are extremely relevant to research on family processes, so please contact the course instructor if you have concerns about these topics and wish to discuss alternative options for your participation.

Learning Outcomes

After completing this course, students will be able to:

- Apply family theories to the unique interactions and dynamics that occur within a family
- Understand diversity in family structure and our society
- Identify family interaction patterns
- Understand and identify the importance of family research

Evaluation Criteria and Grading



- 1) **Exam 1 (25% of grade).** Exam 1 will cover all material covered in Part 1 of the course. The exam will be in a multiple choice/true false format.
- 2) **Exam 2 (25% of grade).** Exam 2 will cover all material covered in Part 2 of the course. The exam will be in a multiple choice/true false format.
- 3) **Final Exam (35% of grade).** The Final Exam will be cumulative, with an emphasis on material covered in Part 3 of this course. The exam will be a multiple choice/true false format. This exam will take place during the final exam period.
- 4) **Weekly assignments (15%).** Weekly assignments will be submitted via Canvas by 5:00 pm each Friday following the weekly topic (each weekly module starts at 8:00 am PST on Saturday and ends at 5:00 pm PST on the following Friday). Some of these activities will be for participation marks, while others will be graded. These assignments will account for 15% of the total grade. There will be one such “assignment” each week, for a total of 12 assignments, and students’ scores on the top 10 assignments will count towards the final grade (i.e., the two lowest- scoring assignments will not count towards the final grade).
- 5) **SONA (2% bonus).** See below for an explanation of how to participate in SONA.

Final grades will be based on the evaluations listed above and the final grade will be assigned according to the standardized grading system outlined in the UBC Okanagan Calendar. The Barber School reserves the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or the school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school (<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>).

Required Materials

Olson, D. H., DeFrain, J., & Skogrand, L. (2022). *Marriages and families: Intimacy, diversity, and strengths*, 10th Edition, international edition. New York: McGraw-Hill. (Available at the campus bookstore).

Requirements for Technology for Online Delivery of Courses

In order to engage with this course online, students are required to have a laptop or desktop computer and a stable internet connection. The lectures will be pre-recorded and posted to their weekly module on Canvas. Examinations will be completed online during the **scheduled course time**. Please email the course instructor if you do not have any of these requirements.

Technical Issues During Examinations

As per UBC policy, all examinations must be completed during the scheduled course time. Out of fairness to all students, there are no exceptions to this policy. The instructor and/or TA will be available during all examinations via Zoom should students encounter technical difficulties. It is the responsibility of the student to ensure that any technical issues are reported to the instructor **immediately**. If you cannot connect with the instructor and/or TA via Zoom, please document the issue or technical concern via a screenshot. This is the only circumstance in which it is appropriate to document (i.e., screenshot) exam material. Failing to report technical issues in a timely manner may result in the issue not being resolved and may negatively impact your grade.

Academic Integrity Examination Policies for Closed-Book Exams

The examinations in this course are all closed-book, so you are **not** permitted to access any of the course materials, including your notes, during the exam. You are **not** to use any search engines or other programs except for the program required to complete the exam. Nor are you to communicate with anyone – you are to work independently. If you violate these conditions you have engaged in Academic Misconduct and will be subject to the consequences articulated in the Academic Integrity section (see below). Communication with other students (written, text, verbal, etc.) is also not permitted and will constitute Academic Misconduct.

Policy on Rounding Final Grades

It is policy in this course that final grades cannot be adjusted (through extra assignments or otherwise) in order to achieve a passing mark, higher letter grade etc. In order to maintain fairness within this course, requests for additional assignments and requests to round or “bump up” final grades will be denied.



Missed Graded Work

Students who, because of unforeseen events, are absent during the term and are unable to complete tests or other graded work, should normally discuss with their instructors how they can make up for missed work, according to written guidelines given to them at the start of the course (see Grading Practices). Instructors are not required to make allowance for any missed test or incomplete work that is not satisfactorily accounted for, but in some circumstances, the course instructor may consider re-weighing a missed exam for the next scheduled future exam. If ill health is an issue, students are encouraged to seek attention from a health professional. Campus Health and Counselling will normally provide documentation only to students who have been seen previously at these offices for treatment or counselling specific to conditions associated with their academic difficulties. Students who feel that requests for consideration have not been dealt with fairly by their instructors may take their concerns first to the Head of the discipline, and if not resolved, to the Office of the Dean. Further information can be found at: <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>.

IMPORTANT: Students who miss an exam must provide written documentation (i.e., doctor's note) of the absence to the instructor and must arrange to make up the exam before the next scheduled class. Students who do not write the exam by the next scheduled class will receive a "0" for the exam. Students must contact the instructor BEFORE the scheduled examination to indicate they are unable to write.

Reviewing Exams

Students who wish to review their performance on any exam may do so by scheduling an appointment with a teaching assistant. For any exam, students may review their exam up to two weeks from the date the exam was written.

Final Examination

The examination period for Term 2 is April 17th – April 28th. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job. Further information on Academic Concessions can be found under Policies and Regulations in the Okanagan Academic Calendar (<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>). Out-of-time examination forms can be found at (<https://fass.ok.ubc.ca/student-resources/undergrad/student-forms/>) and must be sent to the Dean's office.

Course Communication

We will use the Discussions in Canvas to answer student questions about the course material. There is a separate thread for each week and its associated lectures. Please post your questions about course content to the relevant thread instead of emailing the course instructor or a TA personally. Often, many students will have similar questions about course content and by having such discussions on the forum, everyone can benefit. For questions about personal situations, please email the course instructor or a TA directly.

Coursework during Pandemic Times

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute



courses. For further information and support, please visit: <http://academic.ubc.ca/support-resources/freedom-expression>



Course Schedule

Topics and/or exam		Assigned textbook chapter
Part 1		
Jan 9-Jan13	Perspectives on intimate relationships.....	Chapter 1
Jan 14-Jan20	Cultural diversity & diversity in family structure.....	Chapter 2
Jan21-Jan27	Understanding marriage and family dynamics.....	Chapter 3
Jan28-Feb3	Communication and intimacy.....	Chapter 4
Feb4-Feb10	Conflict and conflict resolution.....	Chapter 5
Feb11-Feb17	Exam 1, Wednesday, February 15 during scheduled class time (8:00 am PST).....	Not applicable
Feb18-Feb24	Midterm break; no assigned lectures or readings	
Part 2		
Feb25-Mar3	Sexual intimacy.....	Chapter 6
Mar4-Mar10	Friendship, love, intimacy, and singlehood.....	Chapter 9
Mar11-Mar17	Dating, mate selection, and living together.....	Chapter 10
Mar18-Mar24	Marriage: Building a strong foundation; Exam 2, Friday March 24 during scheduled class time (8:00 am PST).....	Chapter 11
Part 3		
Mar25-Mar31	Parenthood: Joys and challenges.....	Chapter 12
Apr1-Apr7	Stress, abuse, and family problems.....	Chapter 14
Apr8-Apr13	Divorce, single-parent families, and stepfamilies.....	Chapter 15
Date TBD	Final exam (during final exam period)	

Academic Integrity:

The academic enterprise is founded on *honesty, civility, and integrity*. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President’s Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.



A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at

<http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>.

UBC Okanagan Equity and Inclusion Office:

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from discrimination and harassment. UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction. If you require assistance related to an issue of equity, discrimination or harassment, or to get involved in human rights work on campus, please contact the Equity and Inclusion Office.

UNC 216 250.807.9291

email: equity.ubco@ubc.ca

Web: www.equity.ok.ubc.ca

UBC Okanagan Disability Resource Centre:

The Disability Resource Centre ensures educational equity for students with disabilities and chronic medical conditions. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earlene Roberts, the Diversity Advisor for the Disability Resource Centre located in the University Centre building (UNC 214).

UNC 214 250.807.9263

email: earlene.roberts@ubc.ca

Web: www.students.ok.ubc.ca/drc

Student Learning Hub

The Student Learning Hub is your go-to resource for free math, science, writing, and language learning support—now online and flexible to meet your remote learning needs! The Hub welcomes undergraduate students from all disciplines and years to access a range of supports that include tutoring in math, sciences, languages, and writing, as well as dedicated learning support to help you develop skills and strategies for academic success. Don't wait—successful learners access support early and often. For more information, visit students.ok.ubc.ca/hub or contact learning.hub@ubc.ca

Sexual Violence Prevention and Response Office (SVPRO):

A safe and confidential place for UBC students, staff and faculty who have experienced sexual violence regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain your reporting options (UBC or police), accompany you to the hospital, or support you with academic accommodations. You have the right to choose what happens next. We support your decision, whatever you decide.

Visit svpro.ok.ubc.ca or call us at 250.807.9640



SONA RESEARCH ACTIVITY

Students earn Sona credit points for their eligible courses from participating in research activity. This can be either through direct participation in research through the Sona online research system (Option 1), by completing summaries of primary research articles (Option 2), or by a combination of the two types of activities. First year courses (i.e., PSYO 111 and PSYO 121) include 4% as part of the final course grade for participating in Sona research activity, while second year and higher courses allow for a 2% bonus to be added to the final course grade for participating.

Research Participation In Online Research System (Option 1)

As a participant in one of the numerous research studies posted at <http://ubco.sona-systems.com/>, you will obtain 0.5% credit for each 0.5 hour of participation. Hence, studies requiring a 1-hour time commitment provides a credit of 1%, 1.5 hours provides a credit of 1.5%, and 2 hours provides a credit of 2.0%, etc.

Important Requirements

You may participate in more than one study in order to earn credits. It is important to sign up for studies early in the semester in order to increase the odds that a timeslot is available. If you wait until later in the semester, timeslots may no longer be available.

Logging On To The System

Sona is only open for those students who are registered in a psychology course offering Sona credit points. Please only use the request account option if you have never used the Sona system before. If you have used the Sona system before, please use the most recent login information you remember to log in.

Missed Appointments & Penalties

Missed appointments (i.e., failure to cancel the appointment at least 3 hours prior to the session) will be tracked. The consequence will be that you will not receive credit for participation in the study and you will be assigned an unexcused no-show. The unexcused no-show designation will cause you to lose the credit value of the study from the total possible credit points you can earn for your course. For example, if you are in PSYO 111 (or 121), you can earn up to 4.0 credits. If you miss an hour-long session that you signed up for (i.e., 1.0 credit) and don't cancel it in advance, the maximum credits that you can now earn for your course is 3.0, regardless of how many studies you complete.

If, after consenting to participate and starting a session (or survey), you decide to withdraw your consent, to avoid receiving an unexcused no-show on Sona, you must do one of the following:

- if it is an online study, you must cancel your Sona sign-up and/or contact Shirley (psyc.ubco.research@ubc.ca) if you are unable to cancel your sign-up;
- if it is an in-person study, you must let the researcher know directly. Their email can be found on the main description page for the study (little envelope icon). Depending upon the study, they will either cancel your session or assign you an excused no-show (meaning that you will not be penalized).

Your ability to withdraw your data will depend upon the study. Instructions for withdrawing your data (including limitations) will be described in the study's consent form.

Please email psyc.ubco.research@ubc.ca with any questions or concerns that you may have regarding the Sona system. Your professor or instructor does NOT have access to this information.

Research Summary Assignment (Option 2)

As an alternative to participating in research studies, you may obtain Sona credit points by completing library-writing projects to a satisfactory level. Each library-writing project is worth a total of two credits.



Important Requirements

1. This project consists of reading and summarizing (in written form) a recent, peer-reviewed, primary research article.

- A “recent” article has been published within the past 12 months.
- A “peer reviewed” article is one that has been reviewed by other scholars before it is accepted – for example, it **cannot** be a news item, an article from a popular magazine, a notice, or a letter to the editor.
- A “primary” research article describes an experiment or study where data are collected by the authors. In other words, the article you choose to review **cannot** be a book review, literature review, or summary article.

2. You must choose an article published by one of the following agencies:

- The American Psychological Society - *Psychological Science*, *Current Directions in Psychological Science*, *Psychological Science in the Public Interest*, or *Perspectives on Psychological Science*.
- The American Psychological Association - www.apa.org/journals/by_title.html has a full listing.
- The Canadian Psychological Association - *Canadian Psychology*, *Canadian Journal of Behavioural Science*, or *Canadian Journal of Experimental Psychology*.
- The Psychonomic Society - *Behavior Research Methods, Cognitive, Affective, & Behavioral Neuroscience*, *Learning & Behavior*, *Memory & Cognition*, *Perception & Psychophysics*, or *Psychonomic Bulletin & Review*.

3. Other Assignment Guidelines

The summary should be about 300-500 words in length. The source must be cited and referenced in accordance with the *Publication Manual of the American Psychological Association*. The review will be graded on a pass – fail basis (2% or 0%). At least **14 days before the end of classes** each term, submit the following to the course instructor:

- the article summary
- a copy of the article
- a cover page that specifies your name, student number, email address, and word count of the summary.
- the course title and number

Submitting the assignment 14 days in advance is necessary to ensure that you have an opportunity to make corrections, if required. If you do not check your email frequently, provide a phone number on the cover page.