

**Topics in HDPS #351**  
**MARRIAGE 101:**  
**Building Loving and Lasting Relationships**  
**Winter Quarter 2006**

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**Class times:** Thursdays 2:00-4:30 P.M.

**Location:** The Family Institute at Northwestern, 618 Library Place

**Purpose:** To familiarize students with the intricacies and problems of close, committed, interpersonal relationships, especially marriage. This course will increase each students' formal knowledge about marriage and intimate relationships, while also improving their chances for success in such relationships. After taking the course, students should be better prepared to choose compatible partners, to face inevitable relationship challenges, and to experience greater marital/relationship satisfaction.

**Format:** Marriage 101 combines traditional academic methods (lectures, class discussions, readings) with experiential and self-discovery assignments coordinated with the subject matter. Each week's experience consists of a lecture and class discussion, assigned readings, and an elaboration of the week's topic through experiential tasks and discussion in small groups. Each week students will also respond to relevant self-inquiry questions in a private, ungraded journal. Equivalent to "labs" in other courses, students do three outside class experiential assignments and interview two real couples—a married couple from the community and their own parents. These assignments are explained in more detail below.

Class time will be divided into the following segments:

2:00-3:15	lecture
3:15-3:30	break
3:30-4:30	group activities

**Office hours:** Appointments with teaching staff can be made via e-mail. Most issues should be referred to your small group leader.

**Written Assignments:** Four written assignments are required and explained later in this syllabus.

**Grading:** Final course grades will be calculated on the following basis:

Mentor couple interview report:	25%
Parent interview report:	25%
Research paper:	30%
Self-Inquiry Journal (pass-fail):	5%
Class participation	15%

**Class participation and lateness:** Class participation will be graded first on promptness and attendance at lectures and Breakout Groups, and will also depend on the quality and level of involvement and investment in class discussions.

**Emotional demands:** Some assignments in Marriage 101 are emotionally-demanding. This is especially true of interviews with parents and some of the small group experiential exercises and discussions. Students who become upset in response to assignments should discuss this with their group leaders.

### **Readings:**

**Books:** There are extensive assignments from each of the following books, which will be available at the bookstore. They can also be purchased online at: [www.nuonlinebooks.com](http://www.nuonlinebooks.com). You may want to share the expense and purchase these texts with your student partner.

1. Christensen, A. & Jacobson, N. (2000). *Reconcilable differences*. New York: Guilford.
2. Goldbart, S. & Wallin, D. (1994). *Mapping the terrain of the heart: Passion, tenderness and the capacity to love*. New Jersey: Jason Aronson.
3. Markman, H., Stanley, S., Blumberg, S. (2001). *Fighting for your marriage, 2<sup>nd</sup> ed.* San Francisco: Jossey-Bass.
4. Pines, A. (2005). *Falling in love: Why we choose the lovers we choose*. 2<sup>nd</sup> edition. New York: Routledge.
5. Wallerstein, J. & Blakeslee, S. (1995). *The good marriage*. New York: Houghton Mifflin.

**Articles:** The remainder of the readings are articles that are included in Course Packs which can be purchased from: QUARTET COPIES at 825 Clark St., Evanston; [quartetcopies.com](http://quartetcopies.com); 847.328.0720; Hours: (M - F) 8AM - 9PM | (Sat) 9AM - 5PM | (Sun) Noon - 5PM.

## **SYLLABUS**

**Jan 5 Introduction to Marriage 101, and “Everything you always wanted to know about marriage and marital happiness,” a Round-Table Question and Answer Session with Profs. Nielsen, Pinsof and Rampage.**

**Readings on current state of marriage: What science tells us (so far).**

1. Wallerstein & Blakeslee:
  - a. Chapter 1: Happy Marriages: Do They Exist? pp. 3-18,
  - b. Chapter 2: Patterns in Marriage, pp. 19-29.
2. Gottman, J.M.; Coan, J.; Carrera, S. & Swanson, C. (1998). Predicting marital happiness and stability from newlywed interactions. *Journal of Marriage and the Family*, 60, 5-22.
3. Stanley, S.M., Markman, H.J., & Whitton, S. (2003). Communication, conflict, and commitment: Insights on the foundations of relationship success from a national survey. *Family Process*, 41(4), 659-675.
4. Pinsof, W.M (2002). The death of “Till death do us part”: The transformation of pair-bonding in the 20<sup>th</sup> century. pp. 135-157 in Pinsof, W.M. (Ed.),: *Marriage in the 20<sup>th</sup> century in western civilization, Trends, research, therapy, and perspectives*. Special issue of *Family Process*, vol. 41, no. 2.

**Jan 12 Getting to know yourself through intimate relationships: Capacities and Sensitivities.**

Goldbart & Wallin:

Introduction: The Inner Map, The Six Capacities and the Role of Defenses in Love, pp. 1-26,  
Chap. 2: The Capacity for Merging, pp. 66-115,  
Chap. 6: The Capacity for Self-Transcendence, pp. 239-265,  
Conclusion: Passionate Love as a Journey of Transformation, pp. 266-275.

**Jan 19 Intimacy, friendship, and romantic love.**

1. Person, E.S.(1988). Introduction & Chap. 1: Falling in Love, pp. 11-49 in *Dreams of love and fateful encounters: The power of romantic passion*. New York: Penguin Books.
2. Schnarch, D. (1997). Intimacy is not for the faint of heart, pp. 100-126 in *Passionate marriage: Keeping love and intimacy alive in committed relationships*. Henry Holt and Company: New York.
3. Weingarten, K. (1991). The process of intimacy: Adding a social constructionist and feminist view. *Family Process*, 30, 285-305.

**OPTIONAL**

4. Rampage, C. (1994). Power, gender and marital intimacy. *Journal of Family Therapy*, 16(1), 125-137.
5. Schnarch, D. (1993). Inside the sexual crucible. *Family Therapy Networker*. March/April

- Jan 26**      **Conscious and unconscious aspects of dating and partner selection; Difficulties of breaking up.**  
Pines, pp. 1-143 and 163-189.
- Feb 2**      **Sexuality in long-term, committed relationships.**
1. Nozick, R. (1989). Chapter 7: Sexuality. *The examined life: Philosophical meditations*. New York: Simon & Schuster. pp. 61-67.
  2. Goldbart & Wallin: Chap. 1: The Capacity for Erotic Involvement. pp. 27-65; also review “Self-Transcendence and Erotic Involvement”, pp. 244-245 which you read previously.
  3. Markman et al.: Chap. 11: Sense and Sensuality: Enhancing and Protecting Your Sex Life, pp. 231-251.
  4. Flanagan, Caitlin. (2003). The wifely duty: An essay on books about sex in marriage. *The Atlantic Monthly*. January-February 2003, or <http://www.theatlantic.com/issues/2003/01/flanagan.htm>.
- Feb 9**      **Cohabitation and Commitment; Same-sex relationships.**
1. Markman et al.: Chap. 15: Sticking, Stuck, or Stopped: On the Path to Commitment, pp. 321-346.
  2. Seltzer, J. (2004). Cohabitation in the United States and Britain: Demography, kinship and the future. *Journal of Marriage and Family Therapy*, 66, 921-928.
  3. Kurdek, L. (2004). Are gay and lesbian cohabiting couples really different from heterosexual married couples? *Journal of Marriage and Family Therapy*, 66, 880-900.
  4. Bepko, C. & Johnson, T. (2000). Gay and lesbian couples in therapy: perspectives for the contemporary therapist. *Journal of Marital and Family Therapy*, 26(4), 409-420.
  5. Okun, B.F. (1996). *Understanding diverse families: What practitioners need to know*. Pp. 184-195. New York: Guilford
- Feb 16**      **Conflict Part I: The art of fighting fair in marriage.**
1. Wallerstein, J. & Blakeslee, S., op. cit., Chap. 12: The Fifth Task: Making a Safe Place for Conflict, pp. 143-149.
  2. Christensen & Jacobson
    - a. Chap. 1: Three Sides to Every Story, pp. 1-14.
    - b. Part I: The Anatomy of an Argument, pp. 17-119.
  3. Markman et al.:
    - a. Chapter 2: Destructive Patterns: Signs of Danger Ahead, pp. 43-66,
    - b. Chapter 3: Changing Roles, Changing Rules: Men and Women in Conflict, pp. 67-88,
    - c. Chapter 5: Talking Safely Without Fighting: The Speaker-Listener Technique, pp. 105-128.

**Feb 23**

**Conflict Part II: Problem solving and acceptance.**

1. Christensen & Jacobson  
Part II: From Argument to Acceptance, pp. 123-190,
2. Markman et al:  
Chap. 14: Forgiveness: Restoring Hope, pp. 297-320.

**March 2**

**Unanticipated challenges of marriage:  
Addiction, Infidelity, & Violence**

1. Wallerstein & Blakeslee, Chap. 10: Coping with Crisis, pp. 117-131.
2. O’Leary, K.D.; Malone, J.; & Tyree, A. (1994). Physical aggression in early marriage: Prerelationship and relationship effects. *Journal of Consulting and Clinical Psychology*, 62(3), 594-602.
3. Christensen & Jacobson: Chap. 16: “Don’t Do That to Me!”: Violence, Verbal Abuse, and Infidelity, pp. 273-296.
4. Leonard, K. & Quigley, B. (1999). Drinking and marital aggression in newlyweds: An event-based analysis of drinking and the occurrence of husband marital aggression. *Journal of Studies of Alcohol*, 60(4), 537-545.
5. Brown, E. (1991). Chapter 1: An affair is a family issue. pp. 13-48, in *Patterns of infidelity and their treatment*. New York: Bruner-Mazel.

**March 9**

**Ordinary challenges of early marriage:  
Establishing rules, roles and routines; Incorporating children;  
Managing “I-ness” and “we-ness.”  
Review of couple interviews.  
Wrapping up.**

1. Lindahl, K.M., Malik, N.M., & Bradbury, T.N. (1997). The developmental course of couples’ relationships, pp. 203-223 in W.K. Halford & H.J. Markman (Eds.), *Clinical handbook of marriage and couples intervention*. New York: Wiley.
2. Cowan, C.P. & Cowan P.A. (1992). Chapter 5: What’s happening to us?, pp. 91-113, in *When partners become parents*. New York: Basic Books.
3. Wallerstein & Blakeslee,
  - a. Chap. 4: The First Task: Separating from Family of Origin, pp. 51-59,
  - b. Chap. 6: The Third Task: Becoming Parents, pp. 70-82.
4. Wolf, N. (2001), *Misconceptions: Truth, lies, and the unexpected on the journey to motherhood*. New York: Anchor Books.
  - a. Calling It Fair, pp. 225-264
  - b. Making Mothers, pp. 265-273.

OPTIONAL:

5. Lovine, V. (1997). Chap 9. Sex? What sex?, pp. 157-170, in *The girlfriend's guide to surviving the first year of motherhood*. New York: A Perigee Book.

**Additional References (useful for term papers)**

- Amato, P.R. (1996). Explaining the intergenerational transmission of divorce. *Journal of Marriage and the Family*, 5, 628-640.
- Amato, P. R. (2003). Reconciling divergent perspectives: Judith Wallerstein, quantitative family research, and children of divorce. *Family Relations*, 52, 332-339.
- Birtchnell, J. (1986). The imperfect attainment of intimacy: A key concept in marital therapy. *Journal of Family Therapy*, 8, 153-172. Also the critique and commentary which follow this article: Carpenter, J: And so they lived happily ever after: Intimacy and the idealization of marriage. A comment on Birtchnell. pp. 173-177.
- Bray, J.H. & Jouriles, E.N. (1995). Treatment of marital conflict and prevention of divorce. *Journal of Marital and Family Therapy*, 21(4), 461-473.
- Buehlman, K.T., Gottman, J.M. & Katz, L.F. (1992). How a couple views their past predicts their future: Predicting divorce from an oral history interview. *Journal of Family Psychology* 5, 295-318.
- Blumstein, P. & Schwartz, P. (1983). *American couples: Money, work, sex*. New York: William Morrow & Co.
- Bradbury, T.N. & Karney, B.R. (2004). Understanding and altering the longitudinal course of marriage. *Journal of Marriage and Family*, 66, 862-879.
- Buber, M. (1976). *I and thou*. New York: Simon & Schuster.
- Clements, M.L., Stanley, S.M. & Markman, H.J. (2004). Before they said, "I do": Discriminating among marital outcomes over 13 years. *Journal of Marriage and Family*, 66, 613-626.
- Davila, J., Karney, B.J. & Bradbury, T.N. (1999). Attachment change processes in the early years of marriage. *J. Personality and Social Psychology*, 76, 783-802.
- Doherty, William J., Galston, William A., Glenn, Norval D. et al. (2002). *Why marriage matters: Twenty-one conclusions from the social sciences. A report from family scholars*. New York: Institute for American Values.
- Feldman, L.B. (1979). Marital conflict and marital intimacy: An integrative psychodynamic-behavioral-systemic model. *Family Process*, 8, 69-78.
- Gergen, M. & Gergen, K. (1995). What is this thing called love? Emotional scenarios in historical perspective. *Journal of Narrative and Life History*, 5(3), 221-237.
- Gies, F. & Gies, J. (1989). *Marriage and the family in the Middle Ages*. New York: Harper & Row.
- Gordon, K.C. & Baucom, D. H. (1998). Understanding betrayals in marriage: A synthesized model of forgiveness. *Family Process*, 37, 425-449.
- Gottlieb, B. (1993). *The family in the western world from the black death to the industrial age*. New York: Oxford University Press.
- Gottman, J.M. (1993). A theory of marital dissolution and stability. *Journal of Family Psychology*, 7(1), 57-75.
- Gottman, J.M. (1994). *What predicts divorce*. Mahway, N.J.: Lawrence Erlbaum.

- Gottman, J., Carrere, S., & Swanson, C. (2000). Reply to "From basic research to interventions". *Journal of Marriage and the Family*, 62, 265-273.
- Gottman, J.M. & Levenson, R.W. (1999). What predicts change in marital interaction over time: A study of alternative models. *Family Process*, 38(2), 143-158.
- Gottman, J.M. & Levenson, R.W. (1999). How stable is marital interaction over time? *Family Process*, 38(2), 159-166.
- Gottman, J. & Notarius, C.I. (2002). Marital research in the 20<sup>th</sup> century and a research agenda for the 21<sup>st</sup> century, pp. 159-197 in Pinsof, W.M. (Ed.), (2002): *Marriage in the 20<sup>th</sup> Century in Western Civilization: Trends, Research, Therapy, and Perspectives*. Special Issue of *Family Process*, vol. 41, no. 2.
- Hetherington, E. M. (2003). Intimate pathways: Changing patterns in close personal relationships across time. *Family Relations*, 52, 318-331.
- Heller, P. & Wood, B. (1998). The process of intimacy: Similarity, understanding and gender. *Journal of Marital and Family Therapy*, 24(3), 273-288.
- Huston, T.L. & Melz, H. (2004). The case for (promoting) marriage: The devil is in the details. *Journal of Marriage and Family*, 66, 943-958.
- Johnson, S.M. & Greenberg, L.S. (1994). Emotion in intimate relationships: Theory and implications for therapy, pp. 3-22 in S. Johnson & L.S. Greenberg (Eds.), *The heart of the matter: Perspectives on emotion in marital therapy*. New York: Brunner/Mazel.
- Johnson, C.A., Stanley, S.M., Glenn, N.D. et al. (2002). *Marriage in Oklahoma: 2001 baseline statewide survey of marriage and divorce*. Oklahoma City: Oklahoma State University.
- Kaplan, H.S. (1995). *The sexual desire disorders: Dysfunctional regulation of sexual motivation*. New York: Brunner/Mazel Publishers.
- Karney, B.R. & Bradbury, T.N. (1995). The longitudinal course of marital quality and stability: A review of theory, method and research. *Psychological Bulletin*, 118(1), 3-34.
- Lebow, J.L. (1999). Building a science of couple relationships: Comments on two articles by Gottman and Levenson. *Family Process*, 38(2), 167-174.
- Laumann, E.O., Gagnon, J.H., Michael, R.T., & Michaels, S. (1994). *The social organization of sexuality: Sexual practices in the United States*. Chicago: University of Chicago Press.
- Michael, R.T., Gagnon, J.H., Laumann, E.O. & Kolata, G. (1994). *Sex in America: A definitive survey*. New York: Warner Books.
- Nielsen, A.C., Pinsof, W., Rampage, C., Solomon, A., Goldstein, S. (2004) Marriage 101: An integrated academic and experiential undergraduate marriage education course." *Family Relations*, 53: 485-494.
- Nock, Steven L. (1998). *Marriage in men's lives*. New York: Oxford University Press.
- Person, E.S. (1988). *Dreams of love and fateful encounters: The power of romantic passion*. New York: Penguin Books.
- Pinderhughes, E.B. (2002). African American marriage in the 20<sup>th</sup> century, pp. 269-282 in Pinsof, W.M. (Ed.), (2002): *Marriage in the 20<sup>th</sup> century in western civilization: Trends, research, therapy, and perspectives*, cited above.

- Riehl-Emde, Astrid, Thomas, Volker & Willi, Jurg: (2003). Love: An important dimension in marital research and therapy. *Family Process*, 42, 253-267.
- Scarf, M. (1987). *Intimate partners: Patterns in love and marriage*. New York: Random House.
- Schnarch, D. (1991). *Constructing the sexual crucible: An integration of sexual and marital therapy*. New York: W.W. Norton & Co.
- Schnarch, D. (1997). *Passionate marriage: Keeping love and intimacy alive in committed relationships*. New York: Henry Holt and Co.
- Schnarch, D. (2002). *Resurrecting sex: Resolving sexual problems and rejuvenating your relationship*. New York: Harper Collins Publishers.
- Shaver, P., Hazan, C. & Bradshaw, D. (1988). Love as attachment: The integration of three behavioral systems. In R. Sternberg & M. Barnes (Eds.), *The psychology of love*. New Haven: Yale University Press.
- Stanley, Scott M. (2001). Making a case for premarital education. *Family Relations*, 50, 272-280.
- Stanley, S.M., Bradbury, T.N., & Markman, H.J. (2000). Structural flaws in the bridge from basic research on marriage to interventions for couples. *Journal of Marriage and the Family*, 62, 256-264.
- Sternberg, R. & Barnes, M. (Eds.) (1988). *The psychology of love*. New Haven: Yale University Press.
- Sternberg, R. (1988). Triangulating love. In R. Sternberg & M. Barnes (Eds.), *The Psychology of Love*. op.cit.
- Sternberg, R. (1998). *Love is a story: A new theory of relationships*. New York: Oxford University Press.
- Tucker, M.B. & Mitchell-Kernan, C. (Eds.) (1995). *The decline in marriage among African Americans*. New York: Russell Sage Foundation.
- Waite, Linda J. & Gallagher, Maggie (2000). *The case for marriage: Why married people are happier, healthier, and better off financially*. New York: Doubleday.
- Waite, L.J., Browning, D., Doherty, W.J., Gallagher, et al. (2002). *Does divorce make people happy? Findings of a study of unhappy marriages*. New York: Institute of American Values.

## THE FOUR WRITTEN ASSIGNMENTS

- ◆ Graded written assignments are a term paper and two interview reports.
- ◆ The “Self-Inquiry Journal” is pass/fail, confidential, and should be turned in on the last day of class.
- ◆ Due dates for each assignment are listed and are spaced out to help you pace your work and to allow us time to give your papers careful reading. Extensions on these assignments will be granted only for circumstances outside the student’s control. **Late papers will be penalized 5 points (5%) for each day they are late.**
- ◆ The first couple interview will be done with your partner on a volunteer, “mentor couple” who will be assigned to you. This can be written up either singly or jointly.

- ◆ The second couple interview will be with your own parents. We will give your parents a heads up on this interview by writing them an explanatory letter. To allow us to do this, **please e-mail their names and address(es) to our course secretary, Karen Daughtry ([k-daughtry@northwestern.edu](mailto:k-daughtry@northwestern.edu))**.
- ◆ Guidelines and suggestions for *conducting* the parental and mentor couple interviews are posted on our Blackboard site.
- ◆ Guidelines for *writing your reports* of the interviews are given next and ***should be followed carefully***.
- ◆ In past years, the quality of student writing has varied tremendously. Since an important part of a college education is learning to express ideas clearly, and since we wish to encourage efforts in this direction, some of your grade will depend on writing proficiency. Students at all levels of writing skill may want to make use of Northwestern's writing resources at: <http://www.writing.northwestern.edu/links.html>
- ◆ Students in this course are expected to comply with the policies found in the booklet, "Academic Integrity at Northwestern University: A Basic guide". All papers submitted for credit in this course must be sent as email attachments as well as delivered in printed form. Your written work may be electronically tested for plagiarized content. For details regarding academic integrity at Northwestern, visit: <http://www.northwestern.edu/uacc/>. If you need a copy of the brochure visit the SESP Student Affairs Office.

## 1. MENTOR COUPLE INTERVIEW.

Write a summary description *and analysis* of the interview. Ideally, these will be somewhat intertwined in your report.

Do not use the couples' real names.

Make sure that you include all of the following (see also the separate recommendations about this interview and write-up on the class Blackboard site):

- ◆ A brief description of the process of arranging the interview, the couple's appearance, the physical setting in which the interview took place (including who sat where), and thoughts about what might be inferred from these observations.
- ◆ A detailed summary of the couple's answers to your questions about their relationship and marriage;
- ◆ A description of the **process** of the interview--their level of comfort, their willingness to be candid about various topics, observations about their interactional style, and your interpretations of this process;
- ◆ Conclusions about the couple's relationship strengths and weaknesses (if any) being systematic about the areas you are using to make this evaluation by covering dimensions stressed in the course;
- ◆ Citation of relevant course readings (with or without quotations) where relevant, especially in the section where you evaluate strengths and weaknesses;
- ◆ A description of what it felt like to be in this interview and what this might say about the couple, and about yourself;
- ◆ Comments on what the interview added to your knowledge concerning marriage and issues specific to yourself. **If you write up your interview as a team, you should write this section separately.**

Your report should be a maximum of 10 pages long (typed, double-spaced, 12 point font).

**Due date: February 2.**

## **2. PARENT INTERVIEW.**

Write a summary and analysis of the interview(s) with your parents, following the format described above for the mentor couple interview.

As with the mentor couple write-up, refer to the additional guidelines for parent interviews on Blackboard.

*In addition to the topics covered for the mentor couple interview, include also:*

- ◆ Your impressions on how *their* marriage(s) may influence you and *your* marriage;
- ◆ Thoughts on how you plan to not repeat any problematic marital patterns you observed;
- ◆ Thoughts on the difference for you in doing the interviews with your mentor couple and with your parents. Were there any interesting contrasts or similarities in the marriages you examined?

Your report should be a maximum of 10 pages long (typed, double-spaced, 12 point font).

**Due date: February 16**

**Grades for both interview reports will be based on the following criteria:**

Completeness of topics described in interview protocol:	30%
Quality of the description of the couple and the interview:	20%
Use of relevant course readings (Don't forget this!):	20%
Description of personal learning (Don't forget this!):	20%
Writing quality:	10%

## **3. RESEARCH TERM PAPER.**

- ◆ You have two choices for this assignment:
  1. Research and discuss a topic about marriage that holds a particular interest for you, say as a potential challenge to your own marital happiness.
  2. Discuss and analyze a marriage, fictional or real, from film, biography, or fiction. Your in depth discussion of this marriage must include references to concepts we have studied, and appropriate references from class readings.
- ◆ Examples of possible couples to analyze and of topics to research are provided on Blackboard.
- ◆ Before you get into things too deeply, submit a "Research Term Paper Proposal" to your section leader. This proposal should be about half a page long and include your basic plan, central concern, and at least four references. Be sure to have your section leader sign off on the proposal before proceeding.
- ◆ For either type of term paper, research your topic looking both for empirical studies and clinical/theoretical sources that address your topic (option #1) or couple (option #2). You may also include illustrative material from film, literature or your own life if it helps illustrate the topic and your interests.

- ◆ **Whichever choice you make, in addition to your conclusions/analysis, be sure to discuss the personal relevance of the issues you choose to focus on, and any pragmatic steps you would take to manage this issue if it surfaces in your future.**
- ◆ The following professional journals, with reprints and abstracts available online, are especially useful for finding research articles in the field of marriage and marital issues: *Family Process*, *Family Relations*, *Journal of Marital and Family Therapy*, and *Journal of Marriage and Family*.
- ◆ The websites [www.psychinfo.com](http://www.psychinfo.com) and [www.apa.org/psycarticles/](http://www.apa.org/psycarticles/) are also resources for articles.
- ◆ Please approach your section leader if you would like further guidance in conducting your literature search.
- ◆ Do NOT put much weight in your paper on articles from nonprofessional, ordinary news media or websites.
- ◆ Your paper should *conform to APA format requirements*, and it should include a minimum of **12** references. At least **8** of these 12 references must be from outside sources (not class-based), **4** of which must be empirical (research studies, rather than only the opinions of the author.)
- ◆ Your paper should be a maximum of 10 pages long (typed, double-spaced, 12 point font).

**Due dates: Proposal, no later than February 23;  
Completed paper, March 9.**

Grades for the term paper will be based on the following criteria:

Convincing argument:	25%
Overall insightfulness and psychological depth:	20%
Appropriate use of relevant new secondary sources:	20%
Appropriate use of required course readings where relevant:	15%
Quality of proposed practical steps to manage issue in your own life (Do not forget a section on this topic!)	10%
Writing quality:	10%

**4. SELF-INQUIRY JOURNAL.** All students in the course are required to keep a journal for recording responses to self-inquiry questions that will be distributed in class. Students will submit these journals to their small group leader at the conclusion of the course. The journals will be scanned for completeness, but not read, and will be assigned points on that basis. The journal must be typed.

**Due date (via e-mail to your section leader): March 9.**

### **The Two Outside Class Exercises**

These are fun and ungraded. They are designed to give you experiences relevant to intimate relationships/marriage. They are described in detail in your Self-Inquiry Journal, at the **times when you should do them—just before the class when you will discuss them in your small groups.** After you've done them, write your experiences briefly (one or two paragraphs max) in your journal.

Exercise #1: Interview a friend.  
Exercise #2: "24 Hours" exercise