

Syllabus
Personal Relationships and Interactions
Spring 2026

Professor:	David Carlston, Ph.D.	Course #:	PSYC 3913, sec X20
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Text:

Barwick-Snell, K. (2024). *Becoming Aware* (15th ed.). Dubuque, Iowa: Kendall/Hunt.

Learning Objectives:

- Increase understanding of self and others
- Improve interpersonal relationships
- Apply psychological theory to interpersonal relationships
- Acquire practical knowledge regarding the development and maintenance interpersonal relationships

Course Requirements:

Examinations:

Students will complete six exams during the course of the semester. Exams will be comprised of multiple-choice and short answer questions.

Material on the exam will include information from the textbook and additional readings for the section, should they be provided.

Each exam will be worth 100 points.

Exams will be taken through D2L. Exams will be timed with a hard cutoff time. There will be insufficient time to look up each answer in the textbook and respond to the written question(s). Therefore, it is important that you have mastered the material thoroughly prior to logging into the exam. Exams will be open book and open note. (Use of Internet resources including AI on the exam will be grounds for dismissal from the course with a failing grade.)

For each exam, students will be provided the option of turning in a copy of the notes that they created for the exam. Those who complete thorough, handwritten notes will be awarded extra credit points towards their final exam score. Only notes that are handwritten in blue ink will be accepted for the assignment. Moreover, your name should be visible in the upper right corner of the first page of notes. You may take these notes using any format that you find to be helpful, however, I would suggest using either the SQ3R method or the Cornell method of note taking.

Assignments:

Students will complete a series of assignments intended to help engage with the course material in a more meaningful way.

- Students will complete a Learning Portfolio Proposal (75 points)
- Students will complete five Learning Portfolio Reports (50 points each)
- Students will complete a Learning Portfolio Review (75 points)

Details regarding these activities will be provided in D2L.

Discussion Posts:

Students will participate in two discussions. For each discussion, students will complete the associated assignment and post the required information to their group discussion board. In addition to posting the requested assignment and associated reflections, students will also respond to the posts of at least two other students. Student grades will be based upon the quality of both the initial post and comments to other students. Each post will be worth 50 points.

(Note: It is important that you follow standards for proper netiquette. Students will be warned the first time that their correspondence violates principles of proper netiquette. A second violation will result in removal from the course with a letter grade of "F.")

Grade Scale:

Grades will be based on a 1000-point scale.

A	900-1000
B	800-899
C	700-799
D	600-699
F	0-599

Attendance:

Although this is an online course, active participation is required. Students must login regularly to complete course requirements.

Students will be removed from the course with a letter grade of F should they miss three consecutive grade items (i.e., learning portfolio assignments, discussion posts, exams).

Cheating Policy:

Academic Dishonesty: Cheating, collusion, use of AI, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Rights and Responsibilities.

Any evidence of academic dishonesty will result in dismissal from this class with a grade letter grade of "F."

For additional information on MSU Texas policies and procedures regarding academic dishonesty, see the MSU Texas Student Handbook

Services for Students with Disabilities:

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please talk with someone in the Disability Support Services office.

Mandated Reporting:

This information is to inform the student of the limits of confidentiality while enrolled at MSU Texas or any other Texas state school. Due to federal and state law, MSU Texas faculty and staff are required to report key information regarding student welfare. For example, I am required to complete a report for any student who indicates experiencing sexual abuse/misconduct, physical/emotional abuse, domestic violence, stalking, suicidal/homicidal ideation, or related experience. These reports will be sent to the MUS Texas Title IX Department and/or the Dean of Student's office (<https://cm.maxient.com/reporting.php?MSUTexas>).

Student disclosure may occur via a face-to-face meeting, in-class self-disclosure, email, statement made in a written assignment, etc. If a student asks a faculty or staff person not to share the information, please note that by law, we have to report and I will report. Please note that as students, you may be aware of classmates/dormmates struggling and can make an incident report at: (<https://cm.maxient.com/reporting.php?MSUTexas>).

Syllabus Change Policy:

This syllabus is a guide for the course—not a “contract”—and is subject to change. Syllabus changes are communicated via D2L. I'll provide a minimum of 48 hours' notice before the relevant change takes place, if at all possible.

Course Schedule:

Week	Readings	Important Dates
1/19-1/23	Syllabus	-
1/26-1/30	CH 1: Getting Acquainted with Ourselves and Others - Nature of Relationships	Learning Portfolio Proposal (Due 1/26 – 11:59pm)
2/2-2/6	CH 2: Self-Awareness – Know Thyself	Exam #1 – Chapters 1 & 2 (Open 2/5 – 2/6)
2/9-2/13	CH 3: Who's in Control	Learning Portfolio #1 (Due 2/9 – 11:59pm)
2/16-2/20	-	Initial Post (Due 2/16 – 11:59pm) Responses (Due 2/18 – 11:59pm) Exam #2 – Chapter 3 (Open 2/19 – 2/20)
2/23-2/27	CH 4: Dealing with Emotions	Learning Portfolio #2 (Due 2/23 – 11:59pm)
3/2-3/6	CH 5: Interpersonal Communication	Exam #3 (Open 3/5 – 3/6)
3/9-3/13	SPRING BREAK	SPRING BREAK
3/16-3/20	CH 6: Developing Relationships	Learning Portfolio #3 (Due 3/16 – 11:59pm)
3/23-3/27	CH 7: Resolving Interpersonal Conflict	Exam #4 (Open 3/26 – 3/27)
3/30-4/3	-	Learning Portfolio #4 (Due 3/30 – 11:59pm)
4/6-4/10	Ch 8: Managing Stress	-
4/13-4/17	CH 9: Values, Ethics, and Choices	Exam #5 (Open 4/16 – 4/17)
4/20-4/24	CH 10: Life Planning	Learning Portfolio #5 (Due 4/20 – 11:59pm)
4/27-5/1	-	Initial Post (Due 4/27 – 11:59pm) Responses (Due 4/29 – 11:59pm)
5/4-5/8	-	Learning Portfolio Integration (Due 5/4 – 11:59pm)