

TRAINING GROUP AND LABORATORY METHOD

PSY 350
Fall 2008

Instructor: George Manning
Office: BEP 146
Phone: 572-5443 e-mail: manningg@nku.edu
Office Hours: M W F 10:00-11:00 a.m.; F 5:00-6:00pm;
and by appointment.

Course Description: Study of small groups; Development of personal awareness and interpersonal effectiveness. Topics include: individual and group roles; interpersonal trust; helping relationships; resolution of conflicts; and sensitivity training. PREREQ: PSY 100 or consent of instructor.

Overview: Participants will have the opportunity to increase understanding of themselves as individuals, increase understanding of other types of people, and learn about the nature of groups as living systems. Most participants increase their abilities to 1) relate effectively with others, and 2) appreciate the richness that individual differences add to personal relationships.

Learning Outcomes; Students will learn:

- How their own behavior affects other people
- The characteristics of a healthy person and a healthy group
- Positive vs. negative group member roles
- Capacity for interpersonal trust and mutual respect

Methodology: The *T Group* (T is for training) is the foundation of the course. A *T Group* is a group of participants who meet regularly throughout the course to study and learn from their own behavior as it occurs in the group. The methodology includes small group experience, an informal atmosphere for shared learning, and an opportunity for feedback on behavior. In addition, structured classes will be devoted to conceptual understanding, skill development, and other learning activities--including a focus on concepts and theories to help apply *T Group* learning to other social systems.

Course Resources: 1) Reading Book for Human Relations Training, 8th edition; You should bring this text to all classes.
2) Book Report--To be assigned.

Assessment of Student Learning:

- 1) Final Exam - due October 13. Assessment is based on comprehension, analysis, synthesis and evaluation of relevant readings as they apply to the experience of the student. Subject areas include self awareness, communications, managing conflict, and interpersonal effectiveness.
- 2) Book Report - due September 30. Evaluation is based on knowledge and application of relevant literature in personal and interpersonal growth.
- 3) Personal Evaluation - due October 13
- 4) Journal/Log - due October 13
- 5) Class attendance is required because of the design of the course.
- 6) Grading System - Pass/Fail

ALL STUDENTS MUST MEET SAME REQUIREMENTS

NOTE: Students with disabilities (sight, hearing, and etc.) - please call this to my attention so assistance can be provided.

NOTE: This syllabus should be viewed as a working plan for the semester. Circumstances may necessitate changes in the schedule during the course of the term. Changes will be at the discretion of the instructor in consultation with the class.

Student Honor Code:

The work you will do in this course is subject to the Student Honor Code (<http://www.nku.edu/~deanstudents/>). The Honor Code is a commitment to the highest degree of ethical integrity in academic conduct, a commitment that, individually and collectively, the students of NKU will not lie, cheat, or plagiarize to gain an academic advantage over fellow students or avoid academic requirements.

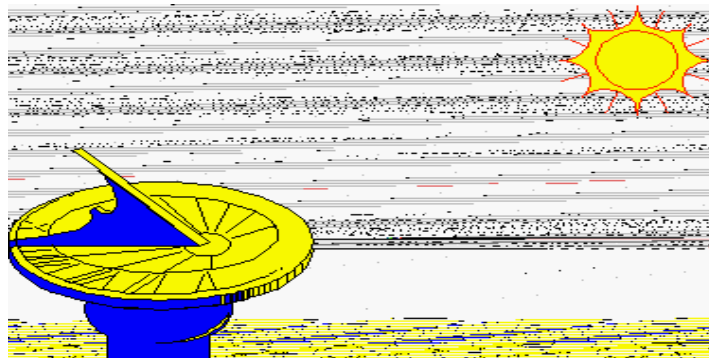
Writing Statement:

One core value held by the Department of Psychology is the importance of effective writing. Our expectation for students in Psychology courses is that written assignments be prepared according to accepted college-level standards for English usage, including grammar, punctuation, spelling, sentence structure, and composition. That is, students will be expected to proofread, edit, and correct their own work in these areas prior to submitting assignments for grading and evaluation. Examples of these assignments may include, but are not limited to, research papers, article summaries, group projects, class papers, take-home essay examinations, and independent study projects. Assignments that do not appear to have been proofread, edited, and corrected prior to submission may be returned to the student for revision before grading, at the discretion of the instructor, or may receive a lower grade that reflects the level of writing skills demonstrated. Experience suggests that writing clearly, concisely, and compellingly requires thought and organization. Give yourself time to organize, draft, revise, and proofread.

Disability Disclosure Statement:

Students with disabilities who require accommodations (academic adjustments, auxiliary aids or services) for this course must register with the Office of Disability Services. Contact the Office of Disability Services immediately in University Center suite 320 or call X-6373 for more information. Verification of your disability is required in the Office of Disability Services for you to receive reasonable academic accommodations. Visit the disability services website at www.nku.edu/~disability/ <<http://www.nku.edu/~disability/>>.

CLASS SCHEDULE



Dates

Topics/Activities

October 19	Introduction to course; class introductions and 3 P's exercise; dyadic encounter; most lonely/embarrassing experience; writing the journal/log; assign book report; assign readings: 1
October 20	*Positive v/s negative group member roles; parental gifts;

form groups; *T-Group* session; line-up 1



October 20 *Values clarification--path/shield; full-swing life; the importance of courage; *T-Group* session; line-up II; assign "symbols"; assign "lines and trees"; assign readings: 2

October 26 Symbol discussion; significant people and life events; *T-Group* session; line-up III; assign readings: 3

October 27 *Getting to know you; brown eyes/blue eyes; *T-Group* session; personal awareness revelation; line-up IV



October 27 Personal and interpersonal growth; personal bests and developmental tasks; how people grow; *T-Group* session; assign readings: 4

November 9 "Back" report (my first impression. . . now I think. . .); *T-Group* session; assign readings: 5

November 10 Gordian Knot; marooned island; foreign exchange; *T-Group* session; *T-Group* limitations

November 10 Trust walk; *T-Group* session; assign readings: 6

November 16 *Loving relationships; sociometry; *T-Group* Session; line-up V; assign readings: 7



November 17 Book reviews; emotions, dreams, and *T-Group*; *T-Group* Session; line-up VI; book reports due

November 17 *T-Group* dyadic; the road ahead; course evaluation-Pace, Relevance, Value, Participation; self-evaluation and final exam due October 13

***Media Needs**