

## TRAINING GROUP AND LABORATORY METHOD

PSY 350

Fall 2013

**Instructor:** George Manning  
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Office Hours: M W F 12:00-1:00; F 1:00-2:00pm; 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, 8<sup>th</sup> edition; You should bring this text to all classes.
- 2) Book Report--To be assigned.

**Assessment of Student Learning:**

- 1) Final Exam - due September 30. 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 20. Evaluation is based on knowledge and application of relevant literature in personal and interpersonal growth.
- 3) Personal Evaluation - due September 30.
- 4) Journal/Log - due September 30.
- 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.

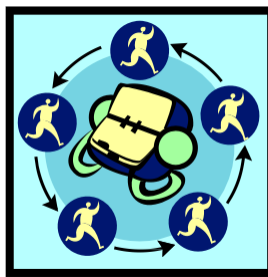
**Writing Statement:**

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/) <<http://www.nku.edu/~disability/>>.

**CLASS SCHEDULE**



**Dates**

**Topics/Activities**

August 23

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

- August 24 \*Characteristics of a healthy group; positive vs negative group member roles; parental gifts; form groups; *T-Group* session; line-up 1
- August 24 \*Values clarification--path/shield; full-swing life; the importance of courage; *T-Group* session; line-up II; assign "symbols"; assign "lines and trees"; assign "moments of truth;" assign readings: 2
- August 30 Symbol discussion; significant people and life events; *T-Group* session; line-up III; assign readings: 3
- August 31 \*Getting to know you; brown eyes/blue eyes; moments of truth discussion; *T-Group* session; personal awareness revelation; line-up IV



- August 31 Personal and interpersonal growth; Paul Potts; personal bests and developmental tasks; how people grow; *T-Group* session; assign readings: 4
- September 13 "Back" report (my first impression. . . now I think. . . ); *T-Group* session; assign readings: 5
- September 14 Gordian Knot; marooned island; foreign exchange; *T-Group* session; *T-Group* limitations
- September 14 Trust walk; *T-Group* session; assign readings: 6
- September 20 \*Book reviews; loving relationships; free hugs; sociometry; *T-Group* Session; line-up V; book reports due; assign readings: 7
- September 21 Emotions, dreams, and *T-Group*; The Last Lecture; *T-Group* Session; line-up VI
- September 21 *T-Group* dyadic; the road ahead; course evaluation-Pace, Relevance, Value, Participation; journal/log, self-evaluation, and final exam due September 30.

**Note: Use on-line course evaluation procedure at <http://eval.nku.edu>**

\*Media Needs