

Lane Community College  
4000 East 30<sup>th</sup> Avenue  
Eugene, Oregon 97405

Counseling Department  
Laura Backen Jones, Ph.D.  
Fall Term 2011

### Telecourse Syllabus

<b>Title</b>	<b>CG 213: Improving Parent-Child Relationships (3-credit telecourse)</b>
<b>Note</b>	10-week class. CRN: 20334 (Main) 20386 (Florence) 20573 (Cottage Grove)
<b>Access</b>	Streamed Video and Cable Community Television
<b>Instructor</b>	Laura Backen Jones, Ph.D., Counseling Department
<b>Phone</b>	541-463-5234
<b>E-mail</b>	E-mail: <a href="mailto:lauraj@ori.org">lauraj@ori.org</a>
<b>Fax</b>	541-463-4166 (Please identify instructor's name on Fax transmissions.)
<b>DL Contact</b>	Audrey Mills, Distance Learning Coordinator, 463-5368

### Course Description

View twenty thirty-minute telecourse episodes of “real life” in-home interactions between parents and children with interview sequences in which a counselor discusses with parents the application of principles and skills for improving typical situations and relationships. A *Viewer's Guide* includes a summary, learning objectives, and principles illustrated for each of the twenty episodes. Writing assignments supplement videotapes.

### Overall objectives include helping learners to:

- Understand parent-child situations and dynamics in terms of a relationship-oriented approach.
- Identify strengths in parent-child interactions and relationships, as well as areas for improvement.
- Use an encouraging approach to child discipline and guidance through kind and firm action rather than reminding, arguing, explaining, or negotiating.
- Establish parental credibility without punishment, manipulation, or threats.
- Improve communication and encouragement skills.
- Improve order, structure, and routine.
- Set reasonable rules and limits and follow through consistently.
- Stimulate independence, self-reliance, and responsibility.
- Use principles and skills to handle typical situations (e.g. dawdling, not listening or not answering, arguing, crying, whining, fighting (with parents and among siblings); and struggles about eating, bedtime, room cleaning, chores, and playtime).

### Requirements

Learners view twenty videotapes, read the *Viewer's Guide*, complete written assignments, and take three multiple choice exams (see attached exam schedule). **You must be comfortable using**

moodle and able to upload assignments and take exams on moodle. If you are not comfortable or willing to use moodle for these purposes, please drop this course.

### Getting Started

Students must log in to their telecourse in Moodle (<http://classes.lanecc.edu>) **before the end of the first week of classes.**

### The Viewer's Guide

The *Viewer's Guide* includes a summary, learning objectives, and principles illustrated for each of the twenty episodes. As you view each video, read the corresponding chapter in the *Viewer's Guide*. You are not required to submit your responses to the questions in the *Viewer's Guide*, but answering them will help you prepare for the exams.

### Exams must be taken on moodle.

Students take three multiple-choice exams. If you cannot take exams on moodle due to lack of computer access or other problems, drop this course immediately. This is a requirement of the course. The exams have 50-76 items per exam. Each exam questions you *about what you saw in the video and asks questions regarding your understanding of the principles taught in the course.* Exams submitted after the testing date will lose 5 points each day they are late, up to 25 points.

**Written Assignments** must be uploaded to moodle.

Parent Objectives Form: Your first assignment is the *Parent Objectives Form* **due on/before October 27.** You receive three extra credit points credit if you turn this in on time and via moodle. **Aside from extra credit, this assignment does not count toward your final grade.**

Episode Observation form: These forms are due on the same day of each exam (see Exam Schedule) and must be submitted on moodle. Generally, you receive full credit for the form *if it is filled out completely.* The purpose of the form is to help you prepare for the exam and to reflect on your own interactions with children or others. Instructions for submitting the form are on moodle.

### Grading

Registered credit students may take the class on a graded or pass/no pass basis. A "pass" involves completing all requirements (below) at the letter grade level of "C" or above. Letter grades are based on a combination of:

30%	Exam One	30%	Exam Two
30%	Exam Three	10%	Written assignments

**Grades are submitted at the end of the 10-week period.** Students who want to receive a fall term grade must submit exams and work no later than noon on Friday of finals week. No exceptions can be made. If work is completed after this date, and the student has completed 75% of his or her work, an incomplete can be taken, but only if prior arrangements have been made with the instructor. This must be done at least 2 weeks before the last day of the term.

**Letter Grades are determined as follows:**

A	90-100%	D	60-69%
B	80-89%	F	59%
C	70-79%	NC	(no basis to determine a grade)

**Telecourse Viewing Options.** There are two options for viewing telecourse material.

1. **Cablecast.** Each week two 30-minute episodes are cablecast. (See attached viewing schedule.) If you have any technical difficulties while viewing, please call 463-5319. Students who subscribe to cable are encouraged to watch or record programs to help make check-out tapes available for students who don't receive cable.
2. **Online streaming** of the video material is accessible at no extra cost

### **EXAM SCHEDULE**

Exam One is due on Thursday, October 27 and covers:		
	<b>Episodes</b>	<b>Observation Forms</b>
	1. Building an Effective Relationship (Program 1)	
	2. Being Firm Without Being Authoritarian (Program 2)	
	3. Developing a Mutually Respectful Relationship (Program 3)	
	4. Dealing with Bids for Attention and Power (Program 4)	
	5. Reducing Power Struggles (Program 5)	Episode Observation Forms 1-7 are due same date as Exam 1.
	6. Learning When To Intervene and Competition Between Siblings (Program 6)	
	7. Learning How To Be Firm and Consistent (Program 7)	
Exam Two is due on Thursday, November 17 and covers:		
	<b>Episodes (See the viewing schedule for dates and times aired.)</b>	
	8. Acting on Limits Without Reminding (Program 8)	
	9. Dealing with Perfectionism and Control (Program 9)	
	10. Being Firm and Unimpressed with Drama (Program 10)	
	11. Planning Ahead To Be More Consistent (Program 11)	
	12. Making Your Mind Up and Sticking With It (Program 12)	Episode Observation Forms 8-13 are due same date as Exam 2.
	13. Working with A Special Needs Child (Program 13)	
Exam Three is due on Thursday, December 8 and covers:		
	<b>Episodes (See the viewing schedule for dates and times aired.)</b>	
	14. Promoting Appropriate Self Reliance in Children	
	15. Developing Appropriate Separation, Routine, and an Easy Bedtime	
	16. Act Sooner and Explain Less	
	17. A Firm and Encouraging Father	
	18. Dealing with Hitting and Slow Eating	
	19. The Rewards of Standing Firm and Talking Less	Episode Observation Forms 14-20 are due same date as Exam 3.
	20. Good Routines, Consistent Expectations, and Capable Children	

Episode Viewing Schedule – Comcast Cable					
<b>Tuesday</b>	September	27	9:00 a.m. 9:30 a.m.		Building an Effective Relationship (Program 1) Being Firm Without Being Authoritarian (Program 2)
<b>Thursday</b>	September	29	2:00 p.m. 2:30 p.m.		Repeat - Program 1 Repeat - Program 2
<b>Saturday</b>	October	1	9:00 p.m. 9:30 p.m.		Repeat - Program 1 Repeat - Program 2
<b>Sunday</b>	October	2	9:00 a.m. 9:30 a.m.		Repeat - Program 1 Repeat - Program 2
<b>Tuesday</b>	October	4	9:00 a.m. 9:30 a.m.		Developing a Mutually Respectful Relationship (Program 3) Dealing with Bids for Attention and Power (Program 4)
<b>Thursday</b>	October	6	2:00 p.m. 2:30 p.m.		Repeat - Program 3 Repeat - Program 4
<b>Saturday</b>	October	8	9:00 p.m. 9:30 p.m.		Repeat - Program 3 Repeat - Program 4
<b>Sunday</b>	October	9	9:00 a.m. 9:30 a.m.		Repeat - Program 3 Repeat - Program 4
<b>Tuesday</b>	October	11	9:00 a.m. 9:30 a.m.		Reducing Power Struggles (Program 5) Learning When To Intervene & Competition Between Siblings (Program 6)
<b>Thursday</b>	October	13	2:00 p.m. 2:30 p.m.		Repeat - Program 5 Repeat - Program 6
<b>Saturday</b>	October	15	9:00 p.m. 9:30 p.m.		Repeat - Program 5 Repeat - Program 6
<b>Sunday</b>	October	16	9:00 a.m. 9:30 a.m.		Repeat - Program 5 Repeat - Program 6
<b>Tuesday</b>	October	18	9:00 a.m. 9:30 a.m.		Learning How To Be Firm and Consistent (Program 7) Acting on Limits Without Reminding (Program 8)
<b>Thursday</b>	October	20	2:00 p.m. 2:30 p.m.		Repeat - Program 7 Repeat - Program 8
<b>Saturday</b>	October	22	9:00 p.m. 9:30 p.m.		Repeat - Program 7 Repeat - Program 8
<b>Sunday</b>	October	23	9:00 a.m. 9:30 a.m.		Repeat - Program 7 Repeat - Program 8
<b>Tuesday</b>	October	25	9:00 a.m. 9:30 a.m.		Dealing with Perfectionism and Control (Program 9) Being Firm and Unimpressed With Drama (Program 10)
<b>Thursday</b>	October	27	2:00 p.m. 2:30 p.m.		Repeat - Program 9 Repeat - Program 10
<b>Saturday</b>	October	29	9:00 p.m. 9:30 p.m.		Repeat - Program 9 Repeat - Program 10
<b>Sunday</b>	October	30	9:00 a.m. 9:30 a.m.		Repeat - Program 9 Repeat - Program 10
<b>Tuesday</b>	November	1	9:00 a.m. 9:30 a.m.		Planning Ahead To Be More Consistent (Program 11) Making Your Mind Up and Sticking With It (Program 12)
<b>Thursday</b>	November	3	2:00 p.m. 2:30 p.m.		Repeat - Program 11 Repeat - Program 12
<b>Saturday</b>	November	5	9:00 p.m. 9:30 p.m.		Repeat - Program 11 Repeat - Program 12

<b>Sunday</b>	November	6	9:00 a.m. 9:30 a.m.	Repeat - Program 11 Repeat - Program 12
<b>Tuesday</b>	November	8	9:00 a.m. 9:30 a.m.	Working With a Special Needs Child (Program 13) Promoting Appropriate Self-Reliance In Children (Program 14)
<b>Thursday</b>	November	10	2:00 p.m. 2:30 p.m.	Repeat - Program 13 Repeat - Program 14
<b>Saturday</b>	November	12	9:00 p.m. 9:30 p.m.	Repeat - Program 13 Repeat - Program 14
<b>Sunday</b>	November	13	9:00 a.m. 9:30 a.m.	Repeat - Program 13 Repeat - Program 14
<b>Tuesday</b>	November	15	9:00 a.m. 9:30 a.m.	Developing Appropriate Separation, Routine and an Easy Bedtime (Program 15) Act Sooner and Explain Less (Program 16)
<b>Thursday</b>	November	17	2:00 p.m. 2:30 p.m.	Repeat - Program 15 Repeat - Program 16
<b>Saturday</b>	November	19	9:00 p.m. 9:30 p.m.	Repeat - Program 15 Repeat - Program 16
<b>Sunday</b>	November	20	9:00 a.m. 9:30 a.m.	Repeat - Program 15 Repeat - Program 16
<b>Tuesday</b>	November	22	9:00 a.m. 9:30 a.m.	A Firm and Encouraging Father (Program 17) Dealing With Hitting and Slow Eating (Program 18)
<b>Thursday</b>	November	24	2:00 p.m. 2:30 p.m.	Repeat - Program 17 Repeat - Program 18
<b>Saturday</b>	November	26	9:00 p.m. 9:30 p.m.	Repeat - Program 17 Repeat - Program 18
<b>Sunday</b>	November	27	9:00 a.m. 9:30 a.m.	Repeat - Program 17 Repeat - Program 18
<b>Tuesday</b>	November	29	9:00 a.m. 9:30 a.m.	The Rewards of Standing Firm and Talking Less (Program 19) Good Routines, Consistent Expectations and Capable Child (Program 20)
<b>Thursday</b>	December	1	2:00 p.m. 2:30 p.m.	Repeat - Program 19 Repeat - Program 20
<b>Saturday</b>	December	3	9:00 p.m. 9:30 p.m.	Repeat - Program 19 Repeat - Program 20
<b>Sunday</b>	December	4	9:00 a.m. 9:30 a.m.	Repeat - Program 19 Repeat - Program 20

### **Fall 2011 Details for Telecourse Students**

#### **Important Dates**

October 2, midnight  
November 11  
November 18  
November 24-27  
December 5-10

Last day to receive refund  
Veterans Day, college closed  
Last day for schedule changes  
Thanksgiving Weekend, college closed  
Finals week

#### **Lane Community College's Administrative Withdrawal Policy For Telecourses:**

Students must log in to their telecourse in Moodle (<http://classes.lanec.edu>) before the end of the first week of classes. Students who do not log in to the course website may be administratively dropped from their telecourse. Students should

not assume that the instructor will withdraw them for not logging in and should officially drop any class in which they do not intend to participate. Classes are dropped using myLane. After SUNDAY, October 2, at midnight, no tuition or fees will be refunded. Students withdrawing from a course after the refund period is over will NOT receive a refund. It is the student's responsibility to officially drop. Students are responsible for all charges for classes not dropped by the full refund deadline. For college policy regarding refunds, see Lane's website.

**LaneOnline/Distance Learning - 541.463.5893 (Building 2, 1st floor):**

Telecourse students may call 541.463.5319 with cable viewing discrepancies.

**Disability Resources:**

If you need support or assistance because of a disability, you may be eligible for academic accommodations. Contact Disability Resources at 541.463.5150, or TTY: call 711, or stop by Bldg.1, Room 218.

**Main Campus Bookstore - TitanStore - 541.463.5676 (3<sup>rd</sup> floor Center Building):**

Hours: Mon., Sept. 26-30: Mon. through Thurs., 7:30 am-7 pm; Fri., 7:30 am-4:30 pm. Agency sponsored charging closes one hour before store closes.

**Social Science Testing Lab (Center Building, room 456):**

Some telecourses use this lab for testing. Check the website for operating hours: <https://teach.lanecc.edu/timmerst/>

**Main Campus Library and Computer Access – 541.463.5220 (2<sup>nd</sup> Floor Center Building):**

All telecourses may be viewed in the Library on the main campus. Lane's library is open Mon. through Thurs., 7:30 am–7 pm; Fri., 7:30 am–5:30 pm. Closed Sat. and Sun. Students need to show a photo ID to check out materials. Visit the Library home page at <http://www.lanecc.edu/library/>

Computers are available in the Library and at the LCC Cottage Grove and Florence Centers during their regular operating hours. Laptop computers are available for checkout in the Lane Library and may be used anywhere inside the Library.

**Student Help Desk (SHeD):**

The Student Help Desk (SHeD) can assist students with a variety of computer issues. SHeD can be reached at 541.463.3333 or [SHeD@lanecc.edu](mailto:SHeD@lanecc.edu). Online Moodle help for students is found at: [www.lanecc.edu/it/m4s/](http://www.lanecc.edu/it/m4s/)

**Proctored Exams With Off-Campus Proctors:**

Proctored testing is an option available for students who live outside of the local Lane County area. For complete information, please go to: [www.lanecc.edu/distance/testproctoring.html](http://www.lanecc.edu/distance/testproctoring.html). (This does not apply to telecourse students enrolled at the Cottage Grove and Florence campuses.)

**MV Numbers – Use these when requesting telecourse programs from the library.**

CG213 - Improving Parent/Child Relationships

MV#2121