

Personal Development & Relationships Syllabus

Course Description/Goals:

Personal Development and Relationships is a semester course that examines how the relationships between individuals and among family members significantly affect the quality of life. Students use knowledge and skills in family studies and human development to enhance personal development, foster quality relationships, promote wellness of family members, manage multiple adult roles, and pursue careers related to counseling and mental health services.

Course TEKS/Objectives:

Interpersonal Studies examines how the relationships between individuals and among family members significantly affect the quality of life. Students use knowledge and skills in family studies and human development to enhance personal development, foster quality relationships, promote wellness of family members, manage multiple adult roles, and pursue careers related to counseling and mental health services.

<https://tea.texas.gov/about-tea/laws-and-rules/sboe-rules-tac/sboe-tac-currently-in-effect/ch130j.pdf>

Course Outline:

Semester 1
-Personal Development -Decision Making -Transition to Adulthood -Relationship Development Within the Family -Relationship Development Beyond the Family -Communication Process -Marital Success -Dynamic Families & The Family Life Cycle -Individual & Family Crisis -Stress Management