

Syllabus Semester/Year

Instructor Contact

Instructor	Daddy
Office	Mommy & Daddy's bedroom
Office Hours	Anytime I am home
Phone	801-599-0960
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Course Information

Course Name	Defeating the Four Horsemen of the Relationship Apocalypse
Course ID & Section	101
Credit Hours	Infinite
Semester/Year	Spring / 2015
Location	Mondays for FHE, 7pm, Home

Course Description

This is a class for our family to learn about, and combat, what Dr. John Gottman has named "*The Four Horsemen of the Relationship Apocalypse*," which are behaviors that often harm relationships such as marriages, friendships and others.

Course Objectives

- Describe in detail each of the 4 Horsemen (criticism, contempt, defensiveness, stonewalling), and how they harm relationships.
- Build a thought journal.
- Demonstrate successful application of remedy strategies for each Horseman.
- Maintain a daily checklist.

Required Text

- None

Course Requirements

Mommy and Daddy require you to pay attention and please, while learning this... no fighting.

Missed Assignments/Make-Ups/Extra Credit

You can make up assignments, but you may not earn all the points.

Evaluation and Grading

Letter Grade	Points
A	93 – 100 points
A-	90 – 92 points
B+	87 – 89 points
B	83 – 86 points
B-	80 – 82 points
C+	77 – 79 points
C	73 – 76 points
C-	70 – 72 points
D+	67 – 69 points
D	63 – 66 points
D-	60 – 62 points
F	59 and below

Letter Grade	Points
A	90-100

B	80-89
C	70-79
D	60-69
F	59 or below

Assignment	Percentage of Grade
Assignment 1	0%
Assignment 2	0%
Assignment 3	0%
Assignment 4	0%
Total	100%

Attendance Policy

Show up, or you're grounded.

Academic Honesty

Be honest, or you're grounded.

Copyright

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Third-Party Software and FERPA

During this course you might have the opportunity to use public online services and/or software applications sometimes called third-party software such as a blog or wiki. While some of these are required assignments, you need **not** make any personally identifying information on a public site. Do not post or provide any private information about yourself or your classmates. Where appropriate you may use a pseudonym or nickname. Some written assignments posted publicly may require personal reflection/comments, but the assignments will not require

you to disclose any personally identifiable/sensitive information. If you have any concerns about this, please contact your instructor.