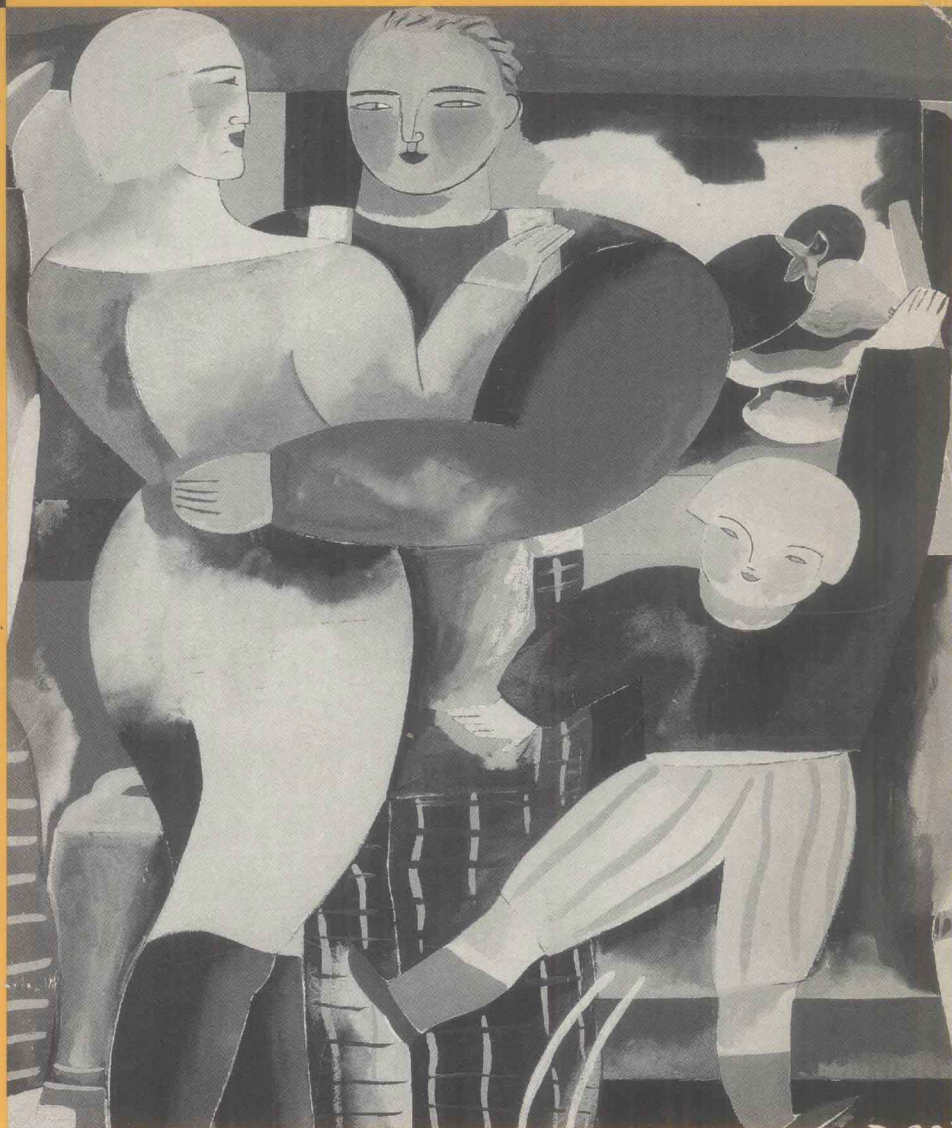


Nikki DeFrain  
John DeFrain  
David H. Olson

# The Resource Book: Teaching with MARRIAGE AND THE FAMILY



Mayfield Publishing Company

## Instructional Support Components for *Marriage and the Family*

- AWARE (AWAREness of Attitudes and Relationship Expectations)  
by David H. Olson and David G. Fournier
- Study Guide to Accompany *Marriage and the Family*  
by Dr. Jeanne Kohl, University of Washington
- The Resource Book: Teaching with *Marriage and the Family*  
by Nikki DeFrain, John DeFrain, and David H. Olson
- Test Bank to Accompany *Marriage and the Family*  
by Carla M. Dahl, University of Minnesota; Catherine Fourre Lally, University of Minnesota; and Craig R. Dahl, MBC Growth Resources
- Computerized Test Bank Support  
Brownstone and Diploma II for IBM and IBM-compatible computers  
Chariot for Macintosh computers
- Video Tape Series: Diversity and Strengths within *Marriage and the Family* (10 Video Segments)  
by David H. Olson
- Transparency Masters to Accompany *Marriage and the Family*
- The Family Circumplex Model Poster

# THE RESOURCE BOOK

## TEACHING WITH MARRIAGE AND THE FAMILY

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# INTRODUCTION

Teaching students about intimate relationships, specifically marriages and families, can be both challenging and rewarding. Professionals teaching marriage and the family courses in colleges and universities generally have a great deal of enthusiasm for the topic, and they genuinely want to enhance the lives of their students. Most students come to this type of class with great expectations and some anxiety about the topic area. Students often tend to be more aware of the problems many families are experiencing today than of the strengths of families. Many students also hope that the class will be practical so that they can use ideas from class to improve their close relationships.

This textbook and its accompanying materials are designed to help students build a healthy foundation for their current and future intimate relationships. The text provides a comprehensive and contemporary perspective on the major issues facing marriage and family life today.

This Resource Book is structured in four parts, each of which provides information for using the textbook or the resource materials that accompany it. The contents of each part are explained below.

## **PART I: GENERAL RESOURCES FOR USING *MARRIAGE AND THE FAMILY***

Part I contains information about the structure and organization of the textbook and about various enrichment materials for use in the course. It is divided into five sections, as follows.

### **Table of Contents of Text**

The complete textbook contents are provided in this Resource Book as a convenient reference for the instructor.

### **Videotape Series**

An important component of teaching is to have experts in the topic area illustrate major principles and ideas by discussing how they were developed. A 10-segment videotape series has been designed specifically for this textbook, to bring alive and make relevant salient ideas and concepts for students. National family experts discuss topics in which they are the leading authorities.

Each of the 10 videotape series segments is 15–20 minutes in length to facilitate use in a class session dealing with a given topic. The 10 topics include the following: *AWARE Inventory*, *Cultural Diversity*, *Circumplex Model of Family Systems*, *Sexual Intimacy and Abuse*, *Couple Enrichment*, *Preparing for Marriage*, *Family Stress*, *Family Problems and Family Therapy*, *Stepfamilies*, and *Family Strengths Model*. An overview of topics and the chapters to which they relate is provided in Part I. Details on how to use these videotapes effectively and a brief summary of each segment are also included in Part I of this Resource Book.

### **AWARE Inventory**

The AWARE Inventory, a series of questions that assess students' attitudes toward and beliefs about intimate relationships, is designed to help personalize the class for each student. Students complete this inventory on the first day of class, and their answer sheets are collected and sent to be computer scored. Each student then receives a 13-page *AWARE Computer Report*, which summarizes their responses and compares them with those of family professionals. The instructor also receives a 13-page *AWARE Summary Computer Report* that compares the group of students with the family professionals.

The AWARE Inventory contains 13 categories of questions related to specific chapters in the textbook. These categories are *Family Cohesion*, *Family Flexibility*, *Realistic Expectations*, *Love and Marriage*, *Sexual Issues*, *Dating and Mate Selection*, *Role Relationships*, *Communication*, *Conflict Resolution*, *Financial Decisions*, *Adjustment to Marriage*, *Children and Parenting*, and *Relationship Problems*. The relationship of these categories to the textbook chapters is shown in Part I. Details on integrating the AWARE Inventory into the course and making the students' responses on the AWARE Inventory an integral part of the learning process are also provided in Part I of this Resource Book.



### **Family Quads**

A very valuable teaching technique for marriage and family courses is to put students into groups of four called *family quads*. In these small groups, students often feel more comfortable about sharing personal information and applying information from the course to their own situations. Family quads can be used throughout the course to discuss issues and develop ideas to share with the class as a whole.

Family quads offer a variety of benefits for both students and instructor. Students can learn a great deal from each other by discussing ideas in a comfortable setting. If the groups are composed of students representing both sexes, various ethnic groups, and diversity in age, students can learn even more from each other. Part I of this Resource Book contains details on how to effectively integrate the family quad concept into a course.

### **Family Case Study**

In the Family Case Study, students use the Family Circumplex Model to analyze their family of origin or their current family. This engaging student project is designed to be worked on throughout the course, with ongoing assignments related to specific chapters in the textbook. For example, the first assignment begins with *Chapter 3: Understanding Family Relationships*; students describe their family on the three dimensions of family cohesion, family flexibility, and family communication using the Family Rating Scale in Resource Section F of the text. In *Chapter 16: Family Stress and Coping*, students rate their family in terms of how it changed in response to a major family stress (i.e., a family member's cancer or heart attack, moving to a new city). In *Chapter 20: Family Strengths and Coping Strategies*, students identify their family's strengths and describe how they helped the family cope with stressors. Details on Family Case Study assignments and their relationship to specific chapters in the text are provided in Part I.

Students report that the Family Case Study is a very valuable project because it enables them to learn more about their own family and helps them to integrate the information from the course into their own life. They also really like using the Family Circumplex Model, finding that it provides a framework for the course and gives them a way of understanding families that is both useful and interesting. In fact, many students consider this project to be one of the most valuable parts of the course, and they often share it with other family members.

## **PART II: RESOURCES FOR CHAPTERS 1–20**

Part II of this Resource Book summarizes the key components of the textbook for the instructor's use in preparing to teach each chapter. For each text chapter, Part II provides the following information: *chapter outline*, *learning objectives*, *summary*, *key terms*, *lecture notes*, *activities*, and *suggested readings*. These aids can help any instructor to more effectively teach a course based on the *Marriage and the Family* text.

## **PART III: TEST BANK**

Part III provides a variety of test items for each text chapter, averaging about 85 questions per chapter, for a total of about 1,700 test items. The test items for each chapter consist of multiple-choice, true-false, matching, fill-in-the-blank, short-answer, and essay questions. The number of questions in each category varies due to differences in topics, range of issues addressed, and length of each chapter.

In a few chapters, some of the multiple-choice questions have been taken from the *Study Guide to Accompany Marriage and the Family* by Dr. Jeanne Kohl. These questions are identified with the initials "S. G." following the question stem.

All test questions will be updated and revised as they are used in courses. This will include item analysis and level of difficulty of the items. However, the best way to ensure that the items are working well for your specific classes is to complete item analysis on the questions you use in your tests.

## **PART IV: TRANSPARENCY MASTERS**

Part IV provides a range of transparency masters for each text chapter. Content includes figures, tables, and other relevant information from the text designed for effective use in transparency form. Part IV contains three to five transparencies per chapter, with a total of 57 transparencies.

# **PART I**

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- Why Do So Many Marriages End in Divorce?
- Seven Major Myths of Marriage
- Can Couples Prepare for Marriage?

###### Defining Marriage and Family

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- What Is Marriage?
- Box 1.1: Some Definitions of Family*

###### Trends in Marriage and the Family: Change and Continuity

- Trends in Family Structure
- Trends in Marriage
- Trends in Divorce and Remarriage
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- Continuity in Marriage and the Family

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- Family Development Framework
- Symbolic Interaction Framework
- Structural/Functional Framework
- Exchange Framework

###### Emerging Perspectives on Marriage and the Family

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- Family Strengths Perspective
- Family Policy Perspective
- Multicultural Perspective

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- Research Designs
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A Changing Picture: Demographic Trends in the United States

The Mythology of Race

Kin Relationships Across Cultures: Concepts and Terms

Family Strengths in Various Ethnic and Cultural Groups

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Strengths of African American Families

Strengths of Latino Families

*Box 2.2: Kwanzaa Holidays Celebrate Black Principles, Unity*

*Box 2.3: Getting Beyond Latino Myths*

*Box 2.4: Cultural Conflicts for a Female College Student*

Strengths of Native American Families

Strengths of Asian American Families

*Box 2.5: Life History Approach to Understanding Families from Southeast Asia*

Strengths of Gay and Lesbian Families

Challenges Facing Ethnic Families

Marriage Outside the Group

Assimilation or Segregation

*Box 2.6: The Daily Effects of White Privilege*

Relationships Between Men and Women

Relationships Between Parents and Children

Issues in Cross-Cultural Family Studies

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Racism

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## Dynamic Balance and Skiing: An Analogy

## Movie Families As Family Circumplex Types

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*Ordinary People*: Rigidly Disengaged

*Shoot the Moon*: Chaotically Disengaged

*Who's Afraid of Virginia Woolf?*: Chaotically Enmeshed

## Dynamic Changes in Family Relationships

Changes in Early Marriage

Family Cohesion Across the Family Life Cycle

Family Flexibility Across the Family Life Cycle

## Using the Family Circumplex Model in Premarital Counseling

A Structurally Enmeshed Family of Origin

A Flexibly Disengaged Family of Origin

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The Tapestry of Love

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Singlehood As an Alternative to Marriage

The Pros and Cons of Singlehood

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Singles and Sexual Intimacy

Singles and Loneliness

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- Cohabiting and Relationship Satisfaction
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