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ABSTRACT

This is the description of a course designed to enable the student to develop realistic expectations of the marriage commitment in terms of his personal values and goals. Students analyze typical marital adjustment, examine possible courses of action and determine their impact on family harmony. Topics include realistic attitudes toward marriage, role expectations, common marital adjustments, importance of adaptability, family life styles, and the establishment of a relationship which encourages personal growth. The course is intended for students of either sex in grades 11 or 12. It is not intended to be a prescription for teaching, but rather an aid to the teacher in making Home and Family Education more meaningful and interesting to students. This is a first edition or working copy and it is hoped that teachers will note suggested changes and additions while using it, in order to aid in future revision. (Author/BW)

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AUTHORIZED COURSE OF INSTRUCTION FOR THE



MARRIAGE DAY BY DAY

6757.02

Home and Family Education

DIVISION OF INSTRUCTION • 1971

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MARRIAGE DAY BY DAY

6757.02

Home and Family Education

Written by

Margaret Hein
Nancy Williams

for the

DIVISION OF INSTRUCTION
Dade County Public Schools
Miami, Florida 33132
1971

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COURSE DESCRIPTION

This course is designed to enable the student to develop realistic expectations of the marriage commitment in terms of his personal values and goals. Students will analyze typical marital adjustments, examine possible courses of action and determine their impact on family harmony. Topics will include realistic attitudes toward marriage, role expectations, common marital adjustments, importance of adaptability, family life styles, and the establishment of a relationship which encourages personal growth.

COURSE ENROLLMENT GUIDELINES

This course is designed to be offered to any interested boy or girl in grades 11 or 12. There are no prerequisites. However, the courses entitled The Changing Family and Rings 'n Things would be valuable prior experiences. Students should be encouraged to complete this family living sequence by future enrollment in Parenthood and The Family and Crises. For those students especially interested in the area of family money management, S.O.S.-Spend or Save is recommended as a concurrent or future course enrollment.

RATIONALE

A happy marriage is an accomplishment; it is not presented to a couple as a wedding gift. A satisfying relationship happens as a result of two devoted people working constantly to make it happen. There is no secret formula for success. This course, however, is designed to provide applicable information, point out common pitfalls, offer positive suggestions and increase self-understanding, all of which can provide insight into the task of building and maintaining the kind of relationship in which a husband and wife will share a quality of satisfaction and a degree of lasting closeness.

FOREWORD

This course of study has been developed by teachers as part of an effort to make Home and Family Education more meaningful and interesting to students. It is not intended to be a prescription for teaching, but rather an aid to the teacher in meeting the objectives. The wealth of activities and resources are intended to be examples from which the teacher can select those that best meet the needs of the students. To facilitate continuity it is recommended that the teacher be selective in choosing activities, but maintain all objectives within the course. Where content ideas are given, they are intended to be general notes and suggestions from the writer(s) to the teacher to further explain objectives and activities. This first edition is a Working Copy and it is hoped that the teacher will note suggested changes and additions while using it in order to aid in future revision.

MAJOR GOALS

1. The student will develop realistic expectations of the marriage commitment in terms of personal values and goals.
2. He or she will analyze typical areas of marital adjustment and attitudes conducive to marital success.

BEHAVIORAL OUTCOMES

The student will be able to:

1. Identify and analyze the types and extent of adjustment which realistically may occur during the earliest days of marriage.
2. Consider the implications of the term compatible living and evaluate the importance of mutually acceptable patterns of authority, communication and daily living as they relate to it.
3. Evaluate the importance of mutually satisfying expressions of love and affection as to their effect on the total relationship between a husband and wife.
4. Evaluate the importance of family planning and the effectiveness of various methods of birth control.
5. Assess the functions of conflict in marriage and describe various methods of handling conflict.
6. Analyze the factors which determine husband and wife role expectations and describe the changing patterns of traditional roles.
7. Develop a pattern for cooperative decision-making that could enable a couple to coordinate their combined resources to best advantage.
8. Illustrate the method by which a couple could construct a workable spending plan and describe purchasing techniques of the wise consumer.
9. Determine various methods of efficient use of time and energy in carrying out the dual roles of homemakers and wage earners.
10. Recognize the circumstances under which a husband and wife tend to develop harmonious relationships with both sets of parents.
11. Explain the significance of similar interests in and attitudes toward social activities and occupational goals in marital adjustment.
12. Recognize marital problems and conditions under which a couple should seek help from a qualified outside source.
13. Identify common causes and legal aspects of divorce and describe typical problems encountered as a consequence.
14. Appraise marital success as one of the criteria for considering parenthood.

COURSE CONTENT

I. Period of the honeymoon

- A. Traditional expectations
- B. Realistic expectations

II. Adjustments to the interrelationships of marriage

- A. Establishing patterns of compatible living
 - 1. Authority patterns
 - 2. Communication
 - 3. Routines of daily life
- B. Expressing love and affection
 - 1. Means of expression
 - 2. Sexual adjustment
 - 3. Family planning
- C. Handling marital conflict
 - 1. Functions of conflict
 - 2. Methods
 - a. Constructive quarreling
 - b. Destructive quarreling
 - c. Family conference
- D. Examining role expectations
 - 1. Definition of the term
 - 2. Tradition and change
 - 3. Determining factors
 - 4. Case study analysis
 - 5. Personal analysis
- E. Coordinating combined resources
 - 1. Cooperative decision-making
 - a. Recognizing values and goals
 - b. Adjusting to conflicting demands
 - 2. Money
 - a. Preparing a workable plan
 - b. Becoming wise consumers
 - 3. Time and energy
 - 4. Managing a home
 - a. Responsibility sharing
 - b. Dual roles of homemakers and wage earners

III. Adjustments to the intra-relationships of the partnership

- A. Getting along with parents
- B. Mutual social activities
- C. Occupational activities

IV. Evaluating the relationship

- A. Recognizing when help is indicated
- B. Sources of outside assistance
 - 1. Educational centers
 - 2. Physicians and clergymen
 - 3. Counseling agencies
 - a. Where found
 - b. Criteria for judging competency

COURSE CONTENT (continued)

- C. Divorce
 - 1. Causes
 - 2. Legal aspects
 - 3. Typical problems
- D. Considering parenthood

BEHAVIORAL OUTCOME: 1. Identify and analyze the types and extent of adjustments which realistically may occur during the earliest days of marriage.

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>Traditional expectations of the honeymoon</p> <p>Ideally, adjustment begins during this time in several important areas:</p> <ul style="list-style-type: none"> • Individual likes and dislikes • Use of leisure time • Social activities • Religion • Use of money • Sexual relationships 	<p>Discuss the honeymoon tradition and its modern implications. Bring to class articles and cartoons depicting adjustments during the honeymoon period. Discuss how the type of honeymoon might affect early marital adjustment.</p> <p>Listen to a travel agent discuss types of honeymoon trips which are popular among young people.</p> <p>Invite a panel of married couples to discuss adjustments in the early days of marriage. Make a list of the types of adjustment which are mentioned.</p> <p>Case studies for class discussion:</p> <p>Paula and Jim took a honeymoon trip. They were so eager to start married life in their new apartment that they drove home a day before they were due to return. Some of their friends made remarks that their honeymoon must not have been pleasant. Was this likely the case?</p> <p>Adjustment is a continuing process.</p> <p>Bill and Marion felt a nice honeymoon trip was very important. Therefore, they used all their savings to go to Jamaica. Did they make a wise decision?</p>	<p><u>When You Marry</u> pp. 158-168</p> <p><u>Your Marriage and Family Living</u> pp. 234-236</p> <p><u>Married Life</u> pp. 322-334</p> <p><u>Relationships: A Study in Human Behavior</u> pp. 235-236</p> <p><u>Personal Adjustment, Marriage and Family Living</u> pp. 212, 218-222, 227-229</p> <p>Teacher reference: <u>Family Life and Sex Education: Curriculum and Instruction</u> pp. 212-213</p> <p>Pamphlets: <u>About Marriage and You</u> <u>Marriage Is For Adults Only</u> <u>Some Considerations for Newlyweds</u> <u>The Early Years of Marriage</u></p> <p>Transparencies: <u>Marriage: Aesthetic Fulfillment</u></p> <p>Resource persons: Travel agent Married couples</p> <p>Small group discussion topics: What type of honeymoon is "best"? What honeymoon intimacies might require adjustment? What environmental pressures today might make early marital adjustment more difficult? What are the pros and cons for a delayed honeymoon? What are the implications of the saying, "The honeymoon is over"?</p>

BEHAVIORAL OUTCOME: 2. Consider the implication of the term compatible living and evaluate the importance of mutually acceptable patterns of authority, communication and daily living as they relate to it.

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
The thrills of dating cannot live on forever. No two human beings, regardless of how intimately they live together, can avoid obligations or evade all problems of adjustment. Our culture, with its emphasis on movies, radio, television and fiction, has lead us to expect a great deal in the way of happiness from marriage. It does little, however, to show us how to find it. We may have created an idea of happiness that is beyond realization simply because we create the illusion that it comes without responsibility.	Analyze case studies in the pamphlet, <u>What Makes a Marriage Happy?</u> in terms of the degree of compatibility that seems to exist. Compile a class list of decisions which newlywed couples ideally should make together and a list of those which they might continue to make as individuals. Read and discuss articles from <u>Forum</u> on the importance of communication: "Listening, a Tool of Communication" "The Nature of Communication" "A Look at Today's Young Families"	Pamphlet: <u>What Makes a Marriage Happy?</u> Resource persons: Marriage counselor Psychologist or psychiatrist Speech teacher Periodicals: <u>Forum</u> , Spring/Summer 1969 pp. 4-5, 14-15 <u>Forum</u> , Spring/Summer 1970 pp. 8-11 <u>Ladies Home Journal</u> series, "Can This Marriage Be Saved?"
Being able to live together with a high degree of compatibility is not the automatic result of a wedding ceremony.	Using a tape recorder, students record themselves making statements which imply different emotions depending upon how they are said (i.e., compassion/understanding, joy/happiness, anger, sarcasm implied in a statement when a husband or wife returns home and says, "Dear, I'm so glad to see you.") Write a paragraph on the implications of this experience.	A <u>Challenge of Success</u> pp. 2-4, 8 <u>When You Marry</u> pp. 168-172

BEHAVIORAL OUTCOME: 2. Consider the implication of the term compatible living and evaluate the importance of mutually acceptable patterns of authority, communication and daily living as they relate to it. (continued)

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
If acceptable to both partners, any one of several authority patterns can emerge and lead toward successful relationship: Democratic partnership Husband-dominated Wife-dominated	<p>The type of authority pattern that emerges will have an effect on child-rearing practices later.</p> <p>View, analyze and discuss the situations presented in a variety of films and filmstrips on marital communication and patterns of authority.</p> <p>Role-play or present one-minute skits which demonstrate various types of authority patterns for class members to analyze & classify.</p> <p>Read and analyze the case study on page 273 in <u>Your Marriage and Family Living</u> in terms of authority patterns.</p> <p>Each student write a paper indicating the authority pattern he feels he would be most comfortable with in marriage. Give reasons. Relate this to the authority pattern present in parent's marriage.</p> <p>Write a paragraph describing adjustments that members of family have had to make as a result of differences in personal daily living habits.</p> <p>Interview parents of young married couples. Report on adjustments they found necessary as a result of differences in life styles and how these adjustments were made.</p> <p>Plan and present a comedy skit depicting situations in daily living which reflect different habits in such areas as: Manner of eating Taste in T.V. shows Neatness Sleep needs</p>	<p>Films: <u>David and Hazel</u> <u>Have I Told You Lately That I Love You?</u> <u>Love is for the Byrds</u></p> <p>Filmstrips: <u>Love and Marriage Together Alone</u></p> <p>Pamphlets: <u>Building Your Marriage</u> <u>Give Your Marriage a Good Start</u> <u>Happy Marriage? You Must Do It</u> <u>Make Your Marriage a Partnership</u> <u>Talking It Over at Home</u></p> <p>Transparencies: <u>Communication: Emotional Share</u> <u>The Role of Habits in Management</u></p>

BEHAVIORAL OUTCOME: 3. Evaluate the importance of mutually satisfying expressions of love and affection as to their effect on the total relationship between a husband and wife.

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
Factors which affect one's manner of expressing love and affection: Parent's example Ethnic background Social class Education Religion Personal values Social values	Discuss factors which studies have shown to have an effect on an individual's ability and manner of expressing affection. Review basic physiological and psychological differences between male and female sexuality. Discuss some of the "Myths" associated with sexual relations and marriage. Use the stories illustrated in current movies, television shows, books, poems, songs to illustrate the manner in which various couples communicate their love for each other. Read and analyze the case studies in <u>Thresholds to Adult Living</u> , p. 226 in terms of the expression of love and affection.	<u>Married Life</u> pp. 65-68 <u>Your Marriage and Family Living</u> pp. 266-267, 289-290 <u>Relationships: A Study in Human Behavior</u> pp. 289-290 <u>Family Life and Sex Education: Curriculum and Instruction</u> p. 212, "The Effects of a Communication Breakdown on Sexual Relationships" pp. 218-219 <u>Thresholds to Adult Living</u> pp. 226-227 <u>Sex is for Real</u> pp. 9-82

Verbal and non-verbal ways of expressing affection:

- Tone of voice
- Look
- Touch
- Considerate act
- Kiss
- Caress
- Intercourse

Small group discussion topics:
 What can sexual relationships communicate?
 How may a wife's boredom with sexual relations be related to a problem of communication?
 How can a husband's problems with his job affect his sexual relations?
 How can the use of sexual relations be an effective way to solve a communication breakdown?
 How can sexual relations cause a communication breakdown?

Pamphlets:
Sex Aspects of Marriage
Sexual Adjustment in Marriage
What Makes a Marriage Happy?
 pp. 7-9, 19-20

Resource persons:
 Medical doctor
 Marriage counselor

BEHAVIORAL OUTCOME: 4. Evaluate the importance of family planning and the effectiveness of various methods of birth control.

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>Family planning involves the regulation of: Number of children Spacing of children</p> <p>Once a couple has made their decisions in regard to the size and spacing of their family, the method of birth control will depend upon individual emotional, social, financial and religious factors.</p>	<p>Participate in a small group discussion on: Contribution of family planning to family stability Legal aspect of birth control Moral or religious aspects of birth control Overpopulation Case studies describing situations which call for decisions concerning family planning</p> <p>Submit questions regarding family planning to a question box to be answered by a guest speaker.</p> <p>View filmstrips and films and read at least two of the references to obtain background information on family planning and methods of birth control.</p> <p>Methods of birth control which should be discussed include: Rhythm Coitus interruptus Condom Diaphragm Interuterine device Oral drugs Gels and foams Douche Surgical methods, both male and female</p> <p>Investigate and report on agencies which give family planning help.</p>	<p><u>Relationships: A Study in Human Behavior</u> pp. 329-337</p> <p><u>Your Marriage and Family Living</u> pp. 341-345</p> <p><u>Family Life and Sex Education Curriculum and Instruction</u> pp. 223-225, 242-243</p> <p><u>Married Life</u> p. 140</p> <p><u>A Challenge of Success</u> pp. 83-91</p> <p><u>Filmstrips: Comparison in Contraception</u> <u>Family Planning Today</u></p> <p>Filmstrips: <u>To Plan Your Family</u></p> <p>Pamphlet: <u>Your Future Family</u></p> <p>Bring to class current articles on research and development in the area of birth control.</p> <p>Teaching aid: <u>Family Planning Kit</u></p> <p>Resource persons: Doctor or nurse Representative from Zero Population Growth Minister or priest</p>

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>ions of conflict: ng issues into the open ease tensions ve issues</p> <p>nds of handling conflict: structive quarreling tructive quarreling</p> <p>iding conflicts by holding t inside iding conflicts by releasing ns in other ways</p>	<p>Small group discussion topics: Is quarreling necessary? How does constructive quarreling differ from destructive quarreling? Can rules be established for quarreling? What about the couple who says they have <u>never</u> quarreled?</p> <p>Describe orally or in writing how the manner in which parents handle conflict can affect the manner in which husbands and wives tend to react.</p> <p>nts of constructive quarreling: trolled ited strictly to the issue ected t hand nd rules" for constructive reling: k for the real issue hitting below the belt with cious remarks list the urge to hurt even ough you are hurt yourself ck <u>With</u> the real issue k for a compromise to consider the other erson's point of view</p> <p>nts of destructive quarreling: at the opponent's weakest oint empt to destroy opponents ole world not work on the problem troy everything; help nothing</p>	<p><u>A Challenge of Success</u> pp. 7-8</p> <p><u>Personal Adjustment, Marriage and Family Living</u> pp. 222-227, 231-240</p> <p><u>Your Marriage and Family Living</u> pp. 273-287</p> <p><u>Married Life</u> pp. 207-214</p> <p><u>When You Marry</u> pp. 198-217</p> <p><u>Relationships: A Study in Human Behavior</u> pp. 290-292</p> <p><u>Family Life and Sex Education:</u> <u>Curriculum and Instruction</u> pp. 197-198, 213, 221-222</p> <p>Films: <u>Handling Marital Conflicts</u> <u>In Time of Trouble</u> <u>Jealousy</u></p> <p>Pamphlets: <u>Talking it Over at Home</u> <u>What Can You Do About Quarreling?</u></p> <p>Analyze the methods of handling conflicts illustrated in the case studies found in <u>Married Life</u>, pp. 212-213.</p>

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>"Ground rules" for destructive quarreling:</p> <p>Never establish the real issue (that might force you to "face it")</p> <p>Never stick to the point (even if you do discover it)</p> <p>Never try to understand the other person's statements (he's wrong anyway)</p> <p>Always try to hurt the other person (use your dirtiest fighting tactics)</p> <p>Never seek a compromise (why should you when you know you are right?)</p>	<p>Choose a typical topic of conflict and illustrate constructive and destructive ways of disagreeing.</p> <p>In small groups prepare skits showing trifling incidents that may cause quarrels between a newly married couple. Following each skit the class should select the point at which trouble began. Perform the skit again, this time either avoiding or solving the problem that arose the first time.</p> <p>Each student recall the last quarrel he had with his best friend, sweetheart or parents. Analyze the type of quarrel it was and the results. What might have been done differently to alter the outcome?</p> <p>Expressing anger is not the same as quarreling. Everyone has angry feelings occasionally.</p>	<p>RESOURCES</p>

BEHAVIORAL OUTCOME: 6. Analyze the factors which determine husband and wife role expectations and describe the changing patterns of traditional roles.

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>Role expectation is a predictor of role satisfaction.</p> <p>Conflicts in role expectations can create major adjustment problems for newlyweds unless their role expectations reach a closer proximity.</p> <p>Personal role expectations are determined by:</p> <ul style="list-style-type: none"> 15 Culture Ethnic background Roles of parents Peer group Education Religion Personal values 	<p>Compile a class list of the factors which may determine husband-wife role expectations.</p> <p>Using the case studies found in <u>Married Life</u>, pp. 387-391, compare the influences in the background of both young couples on their marriage roles.</p> <p>Discuss traditional role expectations in our society. Discuss changes which have occurred and possible reasons for these changes.</p> <p>Individually or in small groups react to the following:</p> <p>Traditionally the male-female relationship has been based upon a continuation of the established role patterns passed down from one generation to another. Over the years behavior has changed, but attitudes toward roles have not changed as quickly or as completely. Many still cling to the dominance-submission attitude and feel certain behavior is appropriate for a man, other behavior and tasks proper for a woman. In a sense many people are in conflict within themselves.</p>	<p><u>Married Life</u> pp. 33-40, 386-391</p> <p><u>Your Marriage and Family Living</u> pp. 241-254</p> <p><u>Relationships: A Study in Human Behavior</u> pp. 240-255</p> <p><u>A Challenge of Success</u> p. 1</p> <p><u>Male and Female</u></p> <p><u>A Doll's House</u></p> <p><u>Family Life and Sex Education</u> <u>Curriculum and Instruction</u> pp. 241-242</p> <p><u>Periodical:</u> <u>Forum</u>, Spring/Summer 1969, pp. 8-12, "Changing Roles"</p> <p>Films: <u>To Be a Man</u> <u>To Be a Woman</u></p> <p>Listen to student reports on current articles from newspapers and magazines regarding the changing roles of men and women.</p> <p>Pamphlets: <u>Are You the Perfect Husband?</u> <u>Are You the Perfect Wife?</u></p>

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
	<p>Select various case studies from references and write a paragraph analyzing the implied role expectation could have been a predictor of role satisfaction in each case.</p> <p>Read a book or story from a selected list of references and analyze the husband and wife role expectations of the main characters.</p> <p>Write a short paper on personal husband and wife expectations, the effect these could have on the future and factors which may have determined these role expectations.</p>	<p>Periodical: <u>Ladies' Home Journal</u> Case studies from the series, "Can This Marriage Be Saved?"</p>

BEHAVIORAL OUTCOME: 7. Develop a pattern for cooperative decision-making that could enable a couple to coordinate their combined resources to best advantage.

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>Combined resources which call for cooperative decision-making include: Time Energy Money Knowledge</p> <p>In more than 400 couples responding to questions in sociological research, J.T. Landis reports that husbands and wives agreed that the 2nd most difficult adjustment they had was in connection with spending family income.</p> <p>Few newly married couples agree completely on how to use their resources, especially money.</p> <p>A realistic study of each other during serious dating and/or courtship will enable a couple to observe differences in their value systems. Couples who recognize and study these value differences will find it easier to compromise.</p>	<p>Review: Authority patterns Importance of communication in marriage Ways of handling conflict Steps in problem-solving</p> <p>Role-play a husband and wife "talking out" these topics: He thinks entertaining is a waste of time, energy and money and she thinks it is important. She likes simple small-town life and he likes the bustle of big-city life.</p> <p>His idea of a restful vacation is in a resort-type setting and she likes to go camping.</p> <p>Resolved: The husband should control the family purse.</p> <p>Describe to the class the decision-making patterns within present family. Is it successful? Why or why not?</p> <p>14</p>	<p><u>Family Life and Sex Education: Curriculum and Instruction</u> pp. 210-211</p> <p><u>Personal Adjustment, Marriage and Family Living</u> pp. 38, 256-259</p> <p><u>Your Marriage and Family Living</u> pp. 271-272, 286</p> <p><u>Relationships: A Study in Human Behavior</u> p. 70</p> <p><u>A Challenge of Success</u> pp. 7-8</p> <p><u>Married Life</u> pp. 394-396</p> <p><u>The Early Years of Marriage</u></p> <p>Transparencies: <u>The Rational Decision-Making Process: Management in Relation to Values and Goals</u></p> <p>Write an original discussion on how two people go about settling an argument over the use of some resource or resources.</p>

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>Money has different psychological meanings to different people.</p> <p>Partners bring to a new relationship values on how money should be spent and rarely are these values questioned as they grow up.</p> <p>Values influence decision-making about the earning, spending and saving of money.</p> <p>A budget is a plan for spending and saving.</p> <p>15 Steps in constructing a budget:</p> <ol style="list-style-type: none"> 1. List needs and goals. 2. Estimate total income. 3. Allocate fixed expenses. 4. Allocate flexible expenses. 5. Provide for unexpected expenses. 	<p>List common family money problems. Discuss how these might be resolved.</p> <p>In a three-minute time period, make two lists: <ol style="list-style-type: none"> 1. List of items considered luxuries 2. List of items considered necessities Compare lists with those of other class members. Make a class list of items about which there is the most agreement. Discuss how a couple might work toward agreement in each area. How could vast differences be avoided?</p> <p>Develop a skit centering around a young married couple's disagreement over some money matter such as whether or not to buy a car on time payments. Give arguments for and against. Try to work out a fair solution.</p> <p>Panel discussion: The pros and cons of budgeting</p> <p>Listen to a qualified resource person speak on the topic of family spending at various income levels and the mechanics of budgeting.</p>	<p>(Additional resources included in the course, S.O.S.-Spend or Save)</p> <p><u>A Challenge of Success</u> pp. 17-18, 29-48, 70, 72-81</p> <p><u>Married Life</u> pp. 396-461</p> <p><u>Relationships: A Study in Human Behavior</u> pp. 270-280</p> <p><u>Personal Adjustment, Marriage and Family Living</u> pp. 253-265, 267-282</p> <p><u>When You Marry</u> pp. 175-197, 200</p> <p><u>Family Life and Sex Education: Curriculum and Instruction</u> pp. 200-203</p> <p><u>Your Marriage and Family Living</u> pp. 288-306, 417-437</p> <p>Resource persons: Consumer economics specialist Banker Marriage counselor</p>

BEHAVIORAL OUTCOME: 8. Illustrate the method by which a couple could construct a workable spending plan and describe purchasing techniques of the wise consumer. (continued)

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>With the family's change from a producing unit to a consuming unit, the primary need today is not for skill in producing but skill in purchasing.</p> <p>Students interested in a study of this area in greater depth should be encouraged to enroll in the Quinmester course, <u>S.O.S.--Spend or Save.</u></p>	<p>In small groups research and report on purchasing techniques or factors to consider in one of the following areas: Housing and home furnishings Clothing Food Automobiles Pressures to buy Taxation Credit Laws and agencies protecting the consumer Insurance and security such as savings accounts, deeds, leases, wills</p> <p>Collect current articles from magazines and newspapers on consumer education or consumer protection. Report on these or use them on a bulletin board entitled, "Spending \$ Wisely Takes \$".</p>	<p>Pamphlets: <u>Buyer, Be Wary</u> <u>Family Money Problems</u> <u>How to S-T-R-E-T-C-H Your M-O-N-E-Y</u> <u>Marriage and Money</u> <u>Money Management Library</u></p> <p>Film: <u>Managing the Family Income</u></p> <p>Filmstrip: <u>Money Management Filmstrip Series</u></p> <p>Resource persons: Banker Insurance agent Lawyer Representative from Better Business Bureau</p>
	<p>Buzz session topics: Why is it more important today for the family buyers to have a knowledge of consumer economics than formerly? Who should control the family purse strings? What personality problems might prompt a husband or wife to overspend? Why is it advisable to keep accurate family records? How will our present spending habits tend to influence spending habits in the future? How does "total attitude" affect a family's cost of living? How could a family budget be misused? What are the possible consequences of a girl marrying the "free spender" that she enjoyed dating?</p>	<p>Periodicals: <u>Consumer Reports</u> <u>Readers Digest</u>, March 1969, "The Hidden Meanings of Money in Marriage"</p>

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
	<p>How could some of the money values of a prospective mate be predicted by observation?</p> <p>When does financial training begin?</p> <p>Collect cartoons depicting problems consumers often face.</p> <p>Write a paper on some aspect of money management. Possible titles include: "The love of money, the root of all evil" "Two can live as cheaply as one" "Saving goals" "Differences in male and female money values" "Money discussions before marriage"</p> <p>Listen to student reports on such books as <u>The Hidden Persuaders</u> or <u>Mama's Bank Account</u>.</p> <p>List individuals and agencies that could provide qualified assistance to a couple with financial problems.</p>	<p>Transparencies: <u>Consumers: Who? Why? How?</u> <u>Dollar Stretching Practices</u> <u>Truth in Lending</u></p> <p><u>The Hidden Persuaders</u> <u>Mama's Bank Account</u></p>

IVIORAL OUTCOME: 9. Determine various methods of efficient use of time and energy in carrying out the dual roles of homemakers and wage earners.

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>The trend today is toward an equalitarian, companionable family life. Tasks related to running a home are no longer quite so stereotyped as "man's work" and "woman's work".</p>	<p>Relate role expectation to the topic of home management: Review role expectation. How is this concept related to a husband and wife carrying out their dual roles? What is meant by the statement that in an increasing number of homes both partners are homemakers/wage earners? Describe a situation in which "dual roles" would not apply.</p> <p>Each student write a paragraph on his present personal expectations as they specifically apply to the "dual role".</p> <p>Describe the use of a schedule in the management of a home. Discuss how a schedule may be suited to the temperaments of the homemakers.</p>	<p><u>Married Life</u> pp. 362-387</p> <p><u>Your Marriage and Family Living</u> pp. 405-406</p> <p><u>Relationships: A Study in Human Behavior</u> pp. 256-263</p> <p><u>Family Life and Sex Education Curriculum and Instruction</u> pp. 218, 233</p> <p><u>When You Marry</u> pp. 186-189</p> <p><u>A Challenge of Success</u> pp. 11-25</p> <p><u>Periodical:</u> <u>Readers Digest</u>, June 1971 "Getting the Most Out of Odd Moments", "Make Way for the Shorter Work Week"</p> <p><u>Transparencies:</u> <u>Home Management-Outside Influences</u> <u>The Intangibles in Home Management</u> <u>The Role of Habits in Management</u></p> <p><u>Filmstrip:</u> <u>Marriage and Career</u></p>

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
	<ul style="list-style-type: none"> Participate in the following activities on the topic of the use of energy: List ways in which homemakers may cut energy expenditures. Research magazines, newspaper advertisements and department store displays for current energy-saving devices. Conduct a time-and-motion study on a parent or friend performing a household task. Evaluate findings. Prepare two similar foods, one from beginning and one from a mix. Compute the cost per serving in time, energy and money. Evaluate the product in terms of expenditures. Role-play situations which could occur between a husband and wife as a result of poor planning and inefficient management on the part of one or as the result of one being a super-efficient, "compulsive" worker. 	<p>Transparencies: <u>Energy Management</u></p> <p>Filmstrip: <u>Old Task, New Plan</u></p> <p>Assorted instruction manuals</p>

BEHAVIORAL OUTCOME: 10. Recognize the circumstances under which a husband and wife tend to develop harmonious relationships with both sets of parents.

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>Marriage and kinship are both "primary relationships"; the mere fact that one marries does not guarantee an automatic shift of loyalty from parent to spouse.</p> <p>Studies of in-law patterns in middle income families reveal that young couples get along best with close relatives under the following conditions:</p> <ol style="list-style-type: none"> 1. Parental approval of the marriage from both sides 2. Acquaintance before marriage under friendly circumstances 3. Separate households after marriage 4. Happiness in the parents' marriages on both sides 5. No religious differences with parents 6. Traditional courtship and wedding 7. Similar cultural backgrounds between husband and wife <p>Most of these situations make for good mate selection in the first place.</p> <p>23</p>	<p>Collect pictures or cartoons depicting typical situational or personality stereotypes of in-law relationships. Evaluate on the basis of fairness, accuracy or misleading effects.</p> <p>React to the following folk sayings:</p> <p>"I'm marrying him, not his family." "Her family is too close." "Things will improve when we have children and they become grandparents."</p> <p>Large or small group discussion topics:</p> <p>What factors might indicate in-law trouble ahead for a couple contemplating marriage? Why is the mother-in-law more often depicted as the "villain" than the father-in-law? How could mother-in-law jokes make for in-law misunderstanding?</p> <p>Under what conditions are in-laws often used as "scapegoats"? What might explain why those who marry young may not have as satisfactory in-law relationships as those who marry later?</p> <p>Under what circumstances would it be necessary to have to avoid in-laws of one or both sides?</p> <p>Why are couples who are not financially self-supporting and rely on parents for help more likely to have in-law problems?</p>	<p><u>Personal Adjustment, Marriage and Family Living</u> pp. 241-252</p> <p><u>Your Marriage and Family Living</u> pp. 268-270</p> <p><u>Relationships: A Study in Human Behavior</u> pp. 287-289</p> <p><u>A Challenge of Success</u> p. 11</p> <p><u>The Good Earth</u></p> <p><u>The Mother</u></p> <p><u>The House of Exile</u></p> <p>If a marriage is to be successful it is essential that the partners separate themselves from the child role in relation to their parents and accept an independent, adult role, both in their marriage and with both their parents.</p> <p>Analyze a case study of in-law friction which students have observed as to who was at fault and formulate possible solutions.</p> <p>Listen to special reports on novels such as <u>The Good Earth</u>, <u>The Mother</u>, <u>The House of Exile</u>. Note descriptions of parent-child and in-law relationships.</p>

BEHAVIORAL OUTCOME: 10. Recognize the circumstances under which a husband and wife tend to develop harmonious relationships with both sets of parents. (continued)

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>Generally speaking, causes of in-law difficulties are basically:</p> <ol style="list-style-type: none"> 1. Overdependence on parents 2. Possessiveness of parents 3. Indifference 4. Thoughtlessness <p>The in-law problem has changed with our changing culture:</p> <ol style="list-style-type: none"> 1. Our mobile society means in-laws are not living as close to married children. 2. Social security and retirement plans enable older parents to be more financially independent and maintain a separate residence. 3. Retirement cities, travel, senior citizen clubs offer parents a new life which is independent of their children. 4. Medicare and health insurance plans have taken over much of the costs of ill health of parents. <p>However, our society is presently undergoing a slight decline of these trends due to the present high cost of living and a reevaluation of some of the values of the "extended family."</p>	<p>View films depicting young marrieds learning to understand their in-laws. How did they deal with the situations presented.</p> <p>Write a socio-drama: A group of wives get together for coffee. The topic of conversation gets to their inlaw relationships. Present destructive attitudes and constructive attitudes toward the in-laws to be detected by the class.</p> <p>In small groups read a collection of "Dear Abby" letters which involve problems with in-law relationships, prepare advice to the writers and then compare this advice to that which was given.</p> <p>Listen to a panel of young married couples and/or parents discuss adjusting to the in-law role.</p> <p>Invite a marriage counselor, psychologist or other qualified personnel to speak on the topic of in-law relationships.</p> <p>Each student make a list of guidelines he should someday follow in building good in-law relationships.</p>	<p>Film: <u>Make Way for Tomorrow</u></p> <p>Pamphlets: <u>Mother-in-Law and Grandmother</u> <u>Young Adults and Their Parents</u></p> <p>Filmstrip: <u>You and the Other Generation</u></p>

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>A sociological study by J. T. Landis showed that it had taken couples an average of six years to reach a good understanding about social activities and recreation if there had not been agreement from the beginning of the marriage.</p> <p>Building a marriage means building a common way of life. Marriage for all couples requires adjustment, but similarity of interests, values, and cultural and occupational backgrounds reduces the areas where adjustments must be made.</p>	<p>Write a case-study in which a young married couple does not share similar interests in and attitudes toward their social activities and/or occupational goals. Show how the couple adjusted to or resolved their differences. Present this to the class for discussion and possible additional recommendations.</p> <p>Consider the circumstances under which a couple may marry and not be fully aware of their lack of similarities in the above areas. Predict their chance of satisfactory adjustment and relative success in their marriage. What other factors will influence this chance?</p> <p>Read and discuss the case study in <u>A Challenge of Success</u>. Write a paragraph in which you describe what you foresee as the outcome of this situation. Compare predictions with those of other members of the class. Defend position taken.</p> <p>Elect a committee to develop a questionnaire for young married couples from which the class can assess the importance they attach to having similar interests in and attitudes toward social activities and occupational goals in marital adjustment. Poll young married couples. Discuss the results of the poll.</p>	<p><u>Personal Adjustment, Marriage and Family Living</u> pp. 131-134</p> <p><u>Your Marriage and Family Living</u> pp. 181-183</p> <p><u>A Challenge of Success</u> pp. 51-59</p> <p><u>Thresholds to Adult Living</u> pp. 204-205</p> <p><u>When You Marry</u> pp. 253-254</p>

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
	<p>Small or large groups discussion topics: What is the difference between <u>similar</u> interests and goals and <u>identical</u> interests and goals? Which is most appealing? Why?</p> <p>Under what circumstances would it be possible for a husband and wife who have extremely different interests in and attitudes toward social activities and occupational goals to consider their marriage very happy and successful?</p> <p>Each student make a list of occupations in which one would be proud to have one's husband or wife engaged. Also list occupations considered completely unacceptable. Describe the reasons for choices.</p> <p>Socio-drama: A young man is seriously dating a young woman. He would like to have the two of them take the "Test for Agreement" in <u>Personal Adjustment, Marriage and Family Living</u>. He doesn't want to be silly about it but does honestly and sincerely believe it is a wise thing to do. Show how he handles the situation and the response of the young woman.</p>	<p><u>Personal Adjustment, Marriage and Family Living</u> P. 292</p>

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>Any difference from one's partner's preconceived ideas of how his spouse should function in marriage may be regarded as a failure to perform satisfactorily or in a socially acceptable way and may be considered an affront by the other partner.</p> <p>Possibly everyone has slightly unrealistic hopes for marriage. However, those who succeed, outgrow unrealistic expectations and learn to accept themselves and their partners as each is--a combination of virtues and defects.</p> <p>When a couple has exhausted their combined resources and ability to cope with some aspect of a problem in their married life, help from an outside source is indicated.</p>	<p>Consider the following statements: All husbands and wives live happily ever after, she in her immaculate ruffled apron, and he in his sharply pressed business suit. Thus they remain forever youthful, romantic lovers 'till the end.</p> <p>Once the honeymoon is over, all newlyweds return abruptly to real life. Romance was all a big farce, anyway; marriage is a dreary treadmill of unending work and no play, so why not get right down to snarling at each other?</p> <p>Marriage can be the most exciting, rewarding, and toughest job of all; no job, no travel, no sideline romance can compare with the excitement of living with and loving a mate, and continually investing oneself in that person.</p> <p>Which statement comes closest to personal ideas of married life? Why? Write a statement which describes ideas of married life.</p> <p>Discuss the relationship between expectation of married life and one's feeling of success or failure of his marriage.</p>	<p><u>Married Life</u> pp. 212-213, 481-482, 495-531</p> <p><u>Relationships: A Study in Human Behavior</u> pp. 292-293</p> <p><u>When You Marry</u> pp. 214-216, 224-234</p> <p><u>Your Marriage and Family Living</u> pp. 444-448, 456</p> <p><u>Personal Adjustment, Marriage and Family Living</u> pp. 292-293</p> <p><u>Family Life and Sex Education: Curriculum and Instruction</u> pp. 219, 240-241</p> <p><u>Thresholds to Adult Living</u> pp. 53-54, 244-245</p> <p>Review the meaning of the term, <u>role expectation</u> and discuss its relationship to the feeling of success or failure of the marriage experienced by the husband or wife or both.</p> <p>Discuss the relationship between meeting a partner's needs (and having one's own needs met) and one's feelings of success or failure in marriage.</p>

BEHAVIORAL OUTCOME: 12. Recognize marital problems and conditions under which a couple should seek help from a qualified outside source. (continued)

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
	<p>Analyze the case study in <u>Married Life</u>, pp. 212-213: When did the couple's problem first come to the surface? Describe the condition of their relationship when they realized they were in serious trouble. What did they do about it?</p> <p>Large or small group discussion topics: Why do many problems that eventually call for outside help seem to come to the surface very early in a marriage?</p> <p>What could be the results (other than separation or divorce) of not seeking outside help when it is indicated?</p> <p>What are the reasons for one couple being able to cope with a problem longer before needing outside help than another couple with the same problem?</p> <p>What course of action do you recommend for a husband or wife whose partner refuses to cooperate in seeking or working with an outside source of help?</p> <p>What are the advantages and disadvantages of seeking outside help from a relative, friend or an advice column?</p> <p>Invite a marriage counselor, psychologist, or qualified clergyman or physician to speak on typical marital problems and the conditions under which a couple should seek outside help.</p>	<p>Pamphlets: <u>Tell Me Where to Turn</u> <u>Saving Your Marriage</u></p>

BEHAVIORAL OUTCOME: 12. Recognize marital problems and conditions under which a couple should seek help from a qualified outside source. (continued)

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
	<p>Make a list of typical marital problems and recommend sources of outside help for them. Include individuals, institutions and agencies which offer help in the local community.</p> <p>Develop criteria for judging a qualified marital counselor or marital counseling service.</p> <p>Write a brief statement which summarized the conditions under which a couple should seek help from a qualified outside source.</p>	

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>A study of divorce can bring young people a greater understanding of the problems others have experienced and may give them assurance about their own future in marriage. "What went wrong", cannot always be answered by the pinpointing of factors or principles involved, but sociological study has revealed recurrent causes for divorce.</p> <p>One way to avoid failure is to know the factors that tend to lead to failure.</p> <p>27</p>	<p>Write a paragraph describing personal feelings about divorce and divorced men and women.</p> <p>After reading from the references, write a paragraph describing traditional attitudes toward divorce and divorced men and women, and how these traditional attitudes are changing. Compare this with personal views. Are class attitudes more closely aligned with tradition or changing trends? Why?</p> <p>Read the case study in <u>Married Life</u>, pp. 213-214. Discuss the statement, "They were both so eager to preserve their marriage..." in terms of the results this couple had and define the term, <u>commitment</u>. Consider the case study without the couple's eagerness to preserve their marriage and act out or write different results in their case. What factors could cause one or both partners to lose their commitment to their marriage?</p> <p>Establish the difference between legal grounds for and real causes of divorce.</p> <p>Invite a lawyer to speak on the legal aspects and terminology of divorce, current changes in divorce laws and the present status of divorce laws in your state.</p>	<p><u>Your Marriage and Family Living</u> pp. 448-459</p> <p><u>Personal Adjustment, Marriage and Family Living</u> pp. 285-298</p> <p><u>Married Life</u> pp. 192-196, 219-221, 264-269</p> <p><u>When You Marry</u> pp. 230-234</p> <p><u>Relationships: A Study in Human Behavior</u> pp. 300-303</p> <p><u>Thresholds to Adult Living</u> pp. 200-203</p> <p><u>A Challenge of Success</u> pp. 83-90</p> <p><u>Family Life and Sex Education: Curriculum and Instruction</u> pp. 203-205, 214</p> <p>Film: <u>In Time of Trouble</u></p> <p>Resource persons: Lawyer Psychologist Marriage counselor</p> <p>Pamphlet: <u>Divorce</u></p> <p>Write personal reactions to the statement, "All divorces could be avoided."</p>

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
<p>Successful marriage is not synonymous with words like happy, satisfactory or perfect. Success is subjective and individual; it depends upon the degree which the relationship achieves the expectations of the partners.</p> <p>Individuals have different standards for the success of their marriages.</p> <p>Parents that should be considered as assuming the role of parents include:</p> <ul style="list-style-type: none"> "success" of the marriage general state of health of the husband and wife realistic attitudes about privileges and responsibilities of parenthood 	<p>Write a short paper interpreting "successful" and "unsuccessful" marriage. Listen to several of these papers as they are read in class without identifying the writers. What conclusions can be drawn concerning marital success?</p> <p>Discuss the pro and con of having a baby to "hold a marriage together".</p> <p>Brainstorm for the factors that a husband and wife should consider when deciding whether or not to have a baby.</p> <p>Small group research topics:</p> <ul style="list-style-type: none"> Cost of maternity care and delivery Cost of supplies and equipment for new baby Privileges and responsibilities of parenthood Typical adjustments to pregnancy Typical adjustments to early parenthood <p>Socio-drama:</p> <p>A husband and wife are returning home after a visit to friends who have recently become parents; she is somewhat starry-eyed over the new baby. They begin to discuss the advisability of starting their family soon. The wife gradually assumes more realistic attitude as husband calmly brings up factors he feels they must take into consideration. She eventually points out a factor or two, herself. Based on their discussion, poll the class as to the advisability of this step for this couple at this time.</p>	<p><u>Married Life</u> pp. 219, 340-341, 356-361, 368, 370, 428, 462-480</p> <p><u>When You Marry</u> pp. 293-307, 310-312</p> <p><u>Your Marriage and Family Living</u> pp. 179-180, 335-339, 352-353</p> <p><u>Relationships: A Study in Human Behavior</u> pp. 334-335</p> <p><u>Family Life and Sex Education: Curriculum and Instruction</u> pp. 226-227, 231-232</p> <p><u>A Challenge of Success</u> pp. 83-90</p> <p><u>A Family</u> pp. 1-46, 62, 75</p> <p><u>Personal Adjustment, Marriage and Family Living</u> pp. 301-307</p> <p>Pamphlet: <u>Rating Scale for a Successful Marriage</u></p>

BEHAVIORAL OUTCOME: 14. Appraise marital success as one of the criteria for considering parenthood. (continued)

SUGGESTED CONTENT IDEAS	LEARNING OPPORTUNITIES	RESOURCES
Students should be encouraged to enroll in the course, <u>Parenthood</u> , as a sequel to this course.		

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Children's Spending
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Your Budget
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Money Management Filmstrip Library, Household Finance Corporation, Prudential Plaza, Chicago, Illinois 60601. \$7.00/set of 5 Includes:

Spending Your Food Dollars
You, The Shopper
Your Money and You
Your Wardrobe and You
Your World and Money

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St. Paul, Minnesota 55101. Includes 20 visuals. \$35.00

Dollar Stretching Practices. 3M Company, Visual Products Division, 3M Center,
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