

Personal

F.A.M.I.L.Y.

Family

Aadjustment

Marriage

Intimacy

Love

and

You

By

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To The Student:

What are your risks of divorce? Do you have healthy dating practices? What type of love do you experience? Where did you learn about sex and how will you someday teach your own children about it? What are your concerns about getting married? What is your cultural and ancestral heritage? How do you feel about death and dying? The answers to these and many more questions are found in this workbook. As you use it carefully consider each of the assessments, and quizzes. Keep in mind that numerous scientific studies were consulted for the assessment development. Our sole purpose as authors and professors was to develop a book which will enable students to learn more about themselves and their family experience. We fully hope that by the time you have worked through this book, you will know far more about yourself and your preparation for family and marriage experience.

We also hope to facilitate a better understanding between you and your partner and other family members. Your partner may use another copy of this book in order to better understand his or her experience. By discussing your findings, feelings, and concerns you may well improve your understanding of others and their understanding of you. Keep in mind that these are not diagnostic instruments. They are self-awareness instruments based on known scientific findings. Many of them have been beneficial to students for years. Learning can be enjoyable. As far as family success and experience is concerned, learning about ourselves and how we can improve can be both enjoyable and critically important.

To the Instructor:

This workbook is designed to help your students come to better understand themselves and their family roles. It is built on the findings from numerous studies in Sociology, Psychology, Child Development, and Marriage & Family Science disciplines. The basic assumption of the authors is this- the more students know about themselves, their values, their histories, and their expectations, the better prepared and situated they will be for their own family experiences.

This workbook is designed: 1) to facilitate self- awareness in students; 2) to facilitate classroom discussions and teaching by bringing well researched principles into the students' cognitive and emotional learning experience; 3) to inform students about applicable research findings that can be very helpful in their personal life; and 4) to facilitate conversations between students and their partners or other family members.

This workbook is not a bibliography of family related studies. Those are available on the market and certainly fulfill an important function. This workbook is for the students and their needs. Instructors will recognize research based findings in each of these assessments. None of these assessments and quizzes are diagnostic instruments nor have they been standardized in any group or population. Each is copyrighted with all rights reserved.

RECOMMENDED USES:

- 1) Assign to students.**
- 2) Assign to students and allow students to discuss them in small groups.**
- 3) Assign to students then discuss with entire class.**
- 4) Assign as a library research guide and allow students to find current or pertinent research studies relating to them.**
- 5) Assign students to discuss these assessments with partner or family member.**
- 6) Use as an example of how social science research might be applied to real world issues.**
- 7) Use as a way to make issues more relevant and personalized to the student.**

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About the Authors

Ron J. Hammond, Ph.D. is a Sociology Professor with over 12 years college teaching experience. His major was Family Studies and he has taught Marriage and Family preparation, Sociology of the Family, and other related courses at Brigham Young University, Case Western Reserve University, and at Utah Valley State College. He currently produces educational documentaries, scientific research, and various academic books and workbooks. He was selected as Teacher of the Year at Utah Valley State College, November, 1995; was awarded the NISOD Teaching in Excellence Award, May 1996; and Has been listed in Who's Who among America's Teachers, twice. Ron and his wife, Alisa are raising their children: Daniel, Krystal, Benjamin, Jacob, Isaac, & Abraham.

Barbara Bearnson, M.S. is a Professor with over 26 years college teaching experience. She has taught in Child Development, Life Span & human Development, Interpersonal Communications, Family Science, and most recently Sociology of the Family. She has trained in numerous Marriage and Family Therapy courses as she works toward her Ph.D. She is also a certified Early Childhood Educator. She has various professional and trade publications including scientific articles. She has taught at Auburn University and Utah Valley State College. She has been nominated as Teacher of the Year at UVSC. She currently serves as Chair of the Governing Board for Mountainlands Headstart. Barbara and her husband, LeRoy have raised 4 children: Bill, Steve, Ruth & Robert. Barbara is deeply missed since her passing in 2004.

STOP!

Before taking any of the quizzes,
assessments, and scales
in the Sourcebook
keep in mind that these are

NOT

diagnostic instruments!

They are self-awareness tools which
help you to glean information collected in
numerous national studies
and
apply that information to your own
personal life experience.

None of these can be used to predict or diagnose
but
all of them will enhance your understanding of
your personal strengths and weaknesses
so that
you can make informed choices about
your family
and relationships.