

Testimonials from Interpersonal Students on a Changed Relationship from this Class  
Pasadena City College  
Spring 2003

I improved the relationship with my younger brother. I have learned to speak with him more, and now able to help him with homework. Javier, high school student

I improved the relationship with my twin sister. One of the keys was the development of my empathy skills. My sister just moved to Florida and our father died at a young age. As a result of this course, I finally am able to connect and understand where she is coming from. This is after closing her out of my life for one and half years...we are now speaking again. Ramesh, Hospitality student

My trouble relationship was team member on the job who had a problem in the way they performed on the job. I finally came to realize why I put the person on the defensive was due to a lack of confidence and she was too quick to assume things. I suddenly saw what I brought to the situation and began focusing on my listening skills and asking questions.

Michelle, returning student, Human Services

Previously back in December, my girlfriend and I always had arguments about not showing my emotions and now knowing how I feel. Once, we learned about the Johari window and I came to see how in a lot of my close relationships, I had a large hidden self. It taught me the need to open up. Now, I no longer hear those comments.

Victor a returning Computer Science Student

I have had a friend since 6<sup>th</sup> grade and everything we did always lead to an argument. I read all about relationship development and conflict. I saw the problems we each brought to the situation and we now have a better relationship.

Maggie, a 20-year-old Social Service major

My husband and I use to argue about the smallest thing and it would spiral into a huge thing. Things began to change when I saw the circular role of communication. We each play a part to keep it going and we also play a role in making it end. We have now begun to take the cues and stop the arguments from escalating.

Cindy, a Business Major

My boyfriend was always too nice to me. He kept everything inside. It came to the point where I had to push him to communicate more. I told him, "I can't read your mind!" I gave him a lot of feedback and he is now able to open more.

Julianne, young student

My goal from this class was to improve the relationship with my teenage children. As a parent I was stuck to holding on to their dependent needs and it was hard to allow them the needed independence. This class taught me how to decrease my domineering patterns and increase my flexibility. I am beginning to see the reason for their separateness and becoming more accepting.

John, returning Computer Science student

My co-worker always does it wrong. She also always feels as if I am attacking her. I have learned to change the message so it comes across in a positive not negative way.

Amber, Pharmacy student

I wanted to improve a relationship with an old friend from Taiwan. We were on different time zones and I found a way through email to overcome my need for oral communication.

Ralph, Taiwanese exchange student

In my job in Computer Science technical representative, I deal with a lot of people's complaints. In the past, I used to argue with them. I have learned from this class to separate the personal from the business. I now work to find solutions to fix problems. Work has greatly improved. Cary a returning student in Computer Science.

I tried to rebuild a broken relationship with an old college roommate. I would talk to her with no response. I got friends to talk with her and I learned she didn't want my communication. I learned that there are some relationships where it is simple better to move on.

Suzy, returning student, Education major

I broke up with a girlfriend over a year ago. It was a very violent relationship with lots of screaming and yelling. I used to live with the young lady and it forced me to move back home. As of three days ago, I can finally speak to this person without getting upset. I have learned to increase my effective listening skills.

Jon, Graphic Design major

I used to have continual arguments with my mom and despite my hectic school system and full time job; she just couldn't get enough of me. I have now learned the importance of spending more time with her and the value of life itself.

Racquel, undecided major.