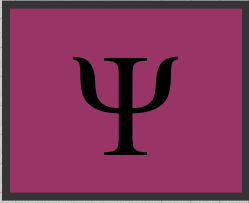


Psychology Advising Office (619)594-5412 Location: Life Sciences Rm. 3

## Maintaining a Healthy Relationship

# The Seven Habits of Happy Couples

Prepared by Marissa Ibarra



**February 7<sup>th</sup>**  
*is the last day to...*

Add and drop classes

Change grading basis

Pay fees for late  
registration

Officially withdraw from  
the university

File application for May  
or August '07 graduation

File petition for  
concurrent master's  
degree credit for Spring

Apply for May '07  
graduation with an  
advanced degree

**We're on the Web!**

Visit us at:

[www.psychology.sdsu.edu/advising/  
advising.htm](http://www.psychology.sdsu.edu/advising/advising.htm)

Almost everyone will find themselves in a romantic relationship at one point or another. Most will hope that the current partner is “the one” and not long after becoming exclusive, actually believe it to be true. But because we are floating on “cloud nine,” we may fail to realize that things will not always be as blissful and exciting as they are at the start of a new romantic relationship. In some cases, what was once a desirable characteristic becomes a problem that causes arguments to arise and that tests the foundation of the relationship. Disagreements are not uncommon. In fact, most experts agree that if resolved in a healthy manner, they can strengthen the relationship. It is important to establish proper patterns of resolution early on in order to ensure a good, healthy relationship with a solid foundation. Some people ignore doing so because they are so caught up in the moment when everything seems good and do not see how it could ever turn bad or unhealthy. So what are some key points to be

aware of in order to maintain a healthy relationship?

According to Suzanne Fremont, Ph.D., from the University of Texas at Austin Counseling and Mental Health Center, “**7 basic steps for maintaining a good relationship**” are as follows:

**1.) Be aware of what you and your partner want for yourselves and what you want from the relationship.**

**2.) Let one another know what your needs are.**

**3.) Realize that your partner will not be able to meet all your needs. Some of these needs will have to be met outside of the relationship.**

**4.) Be willing to negotiate and compromise on the things you want from one another.**

**5.) Do not demand that a partner change to meet all your expectations. Work to accept the differences between your ideal mate and the real person you**

**are dating.**

**6.) Try to see things from the other's point of view. This doesn't mean that you must agree with one another all the time, but rather that both of you can understand and respect each other's differences, points of view, and separate needs.**

**7.) Where critical differences do exist in your expectations, needs, or opinions, try to work honestly and sincerely to negotiate. Seek professional “coaching” early rather than waiting until the situation becomes critical.**

For further information on this topic as well as additional relationship pointers, please visit:

<http://www.utexas.edu/student/cmhc/booklets/romrelations/romrelations.html#Seven%20Basic%20Steps>



## 499 Spotlight

Dr. Murray Stein, Professor of psychiatry at UCSD and Adjunct Professor at SDSU, is offering interested and qualified psychology students the opportunity to gain valuable experience assisting in the research of anxiety disorders.

As Dr. Stein is currently engaged in several research studies, there are a variety of lab responsibilities that may be undertaken, including, possibly, conducting behavioral, neuropsychological, and fMRI testing.

Additionally, assistants may be charged with recruiting subjects who currently suffer from anxiety, conducting literature searches, collecting and recording data, or conducting telephone interviews.

According to Carla Hitchcock, Project Coordinator, this is a chance for students to "gain valuable experience that may help them get into grad school, while obtaining real-life skills in a renowned anxiety research lab."

Interested students should have a GPA over 3.0, be prepared to work 10 hours per week and, ideally, be able to make a one-year commitment to the project (though Dr. Stein will consider shorter assistantship).

Please contact Ms. Hitchcock at (858) 534-6428 for further details.

## Psychology Department Welcomes New Faculty Members



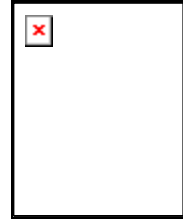
Nader Amir, Ph.D.  
PSY 896 –  
Clinical Practicum



Susan Brasser, Ph.D.  
PSY 260 –  
Physiological Psych.



Elizabeth Cordero,  
Ph.D.  
Imperial Valley



Lisa Kath, Ph.D.  
PSY 319 –  
Industrial/Org. Psych.



David M. Marx, Ph.D.  
PSY 745 –  
Stereotyping/Prejudice



Pamela Moses, Ph.D.  
PSY 331 –  
Infant & Child Devel.



V. Robin Weersing, Ph.D.  
PSY 333 –  
Devel. Psychopathology

### Clinical Psychology Ranked #1

## SDSU Doctoral Programs Garner Top Honors

Prepared by Frank Zwirlein

Three of San Diego State University's Ph.D. programs have been recognized as being among the top five in the country, according to The Chronicle of Higher Education.

Of SDSU's doctoral programs, clinical psychology and teacher education, both run in conjunction with USCD, were named first and third, respectively. The language and communicative disorders program, in partnership with Claremont Graduate University, was named fourth.

Additionally, SDSU was ranked second overall among universities with fewer than 15 doctoral-level graduate programs.

The rankings are based on a measure of departmental scholarly output known as the Faculty Scholarly Productivity Index (FSP). The total FSP ranking is determined by three indices rating individual Ph.D. programs, a broader category of programs and, finally, the general quality of faculty research.

SDSU is the only university in San Diego County to be ranked in the subject-specific FSP index.

"These new rankings confirm what we've known about our faculty for some time," said SDSU President Stephen L. Weber. "Not only are they producing high-quality research, they're also helping to create new leaders in their fields through our outstanding doctoral degree programs."

### Peer Advising Center

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