

**In class exercise: Relationships and Health. UNGRADED.**

Each group will identify one (1) journal article describing the results of research investigating the link between relationships and a specific physical or mental illness, disability, or disease and prepare a brief, informal summary of the key findings and conclusions. The goal is to create an opportunity to understand some of the connections between relationships and health and wellbeing. Groups will discuss the articles among themselves and compose their summaries in class on Monday and present their summaries as part of a class discussion on Wednesday.

You may select research on any type of relationship (i.e., don't restrict yourselves to research on romantic relationships and health) or that focuses on any aspect of a relationship (relationship satisfaction, development, termination, mate selection, etc. etc.). You may also select research that examines the impact of relationships on health or the impact of health on relationships (or both).

This exercise will be maximally useful as a tool for experiential learning if groups select articles on different topics so you may wish to consult with members of other groups to find out their topics before proceeding to select your topic.

**THIS IS AN IN-CLASS EXERCISE ONLY. IT WILL NOT COUNT TOWARD YOUR GRADE IN THIS COURSE.**