To: Superintendent/President  
From: Representative Council  
Subject: Recommendation or memorandum (Use attachments if necessary.)

At its meeting of February 10, 1978, the Representative Council approved the recommendation of its Professional Standards and Leave Committee to grant Frank Cox's request for change in his sabbatical leave program.

Attached is a copy of Cox's approved request.

February 15, 1978  
Signature of Senate President

2 copies to Superintendent/President  
1 copy to Academic Senate files

Action of Superintendent/President: (Requested within two weeks of receipt.)

- [ ] Forwarded to Board of Trustees  
- [ ] Accepted as college policy  
- [ ] Acknowledged  
- [ ] Referred back to Representative Council  
- [ ] Disapproved

Comments: (Use attachments if necessary.)

This will be forwarded to the Board of Trustees for consideration on February 23, 1978.

2/15/78  
Signature of Superintendent/President
SAVATTICAL LEAVE OUTLINE OF PROPOSAL
Frank Cox

My sabbatical leave consists of three basic activities:
A. Completion of a basic introductory text for Soc. 3, Modern Marriage.

B. Attending numerous workshops and conferences in the areas of marriage, family and psychology and the construction of a Soc. 3 laboratory class for students based on these experiences.

C. Making an extended trip during the second semester throughout the Middle East and Central Asia.

I and II DIRECT BENEFIT TO SBCC AND MYSELF
A. TEXTBOOK COMPLETION

I have taught Soc. 3, Modern Marriage, for a number of years. During that time I have had difficulty finding a text that suited the course and my students. Generally the texts seemed to be either of two extremes. First, many of the texts are too theoretical, presenting abstract sociological theories of the family with little that the student finds relevant to his/her own intimate relationships. Second, many other texts are prescriptions for a happy marriage presented in a "know it all' fashion guaranteed to turn off many students who object to preaching.

I have been working on a text for the past year that I hope will bridge the gap between these two extremes. It is entitled HUMAN INTIMACY, MARRIAGE, THE FAMILY AND ITS MEANING and will be approximately 450 pages long. As with past writing projects, I have chosen a publisher that controls the means of manufacture. What this means is that I am busy reviewing and updating my manuscript all through the galley and page proof stages. The book is to be published in March, 1978 and will contain late 1977 references unlike most texts in which the latest references are a year or more old due to the long publication schedule required by most publishing companies that sub out manufacturing.

Basically I am reviewing, at a minimum, the following journals:
The Family Coordinator
The Journal of Marriage and the Family
Human Sexuality
Human Behavior
Psychology Today

In addition, with each of the fifteen chapters, I am reviewing any new publications that have appeared since my original research and writing. This means writing to many publishers for their newest materials since libraries are not current enough to meet my needs.

This extensive review process additionally helps to bring my classroom material up to date. This is especially important in the field of marriage and family as changes come and go so quickly. Just the ongoing debate over abortion will serve to give you an idea of the extreme changes that occur in this field.
In addition to the extensive review and updating process, galley and page proofs must be edited and indexing completed. These are time consuming and tedious and, for me, perhaps the most difficult part of writing a book. Deadlines are short, updating must be accomplished with a minimum of print change and incorporated so that the content flow remains smooth and clear. It often means working day and night as well as working on several different aspects of the book at once. For example, I may be updating one chapter, collecting pictures for another and checking proofs for yet another chapter. This kind of intensive work is almost impossible without a reduction in normal work load as the sabbatical allows.

I will benefit from this project by updating my knowledge, having (I hope) a better teaching tool available and being revitalized by creative efforts.

A. WORKSHOP AND CONFERENCE ATTENDANCE AND CONSTRUCTION OF A LABORATORY CLASS FOR SOC. 3

I had originally planned to return to school for the first part of my sabbatical leave and while I was finishing the book. However, in checking school offerings in the field of marriage and family, I found that the courses were too basic to be of great help to me. After visiting the Aspen Institute in Colorado this past summer, I realized that an intensive series of workshop experiences would better meet my needs. Even though attending these would mean traveling, it was possible to work them into my writing schedule during lulls between proof arrivals if I coordinated carefully with the publisher. The following workshops are scheduled and others may be added as available and valuable:

- American Psychological Association Annual Convention
- First Regional Congress of Social Psychiatry
- Stress Management and Concepts of Stress
- The Seasons of Our Lives
- National Council on Family Relations Annual Meeting
- North American Conference on Marriage Enrichment
- Pain: Clinical Evaluation and Management Techniques
- Bioenergetic Workshop
- Association for the Advancement of Behavior Therapy Annual Convention
- Celebration of Life and Health
- The Many Faces of Psychology

In addition, I have been able to plan in a two week period of travel through some of the southern states during the work lull in December. This gives me a chance to study marriage and family in a part of the country that is unknown to me.

Marriage and family expertise and teaching requires not only book knowledge, but experiential activities as well. The latter can only be achieved at workshops since it is in this setting that the newest ideas and techniques are presented. Ideas and developments presented at conferences do not usually find their way into print for one to two years because of publication lag. Also workshop
experiences are usually much more intense than class attendance. Rather than going to class for two to three hours a week, one is immersed in activities and learning for hours at a time over a period of several days.

The workshops not only up date one even more than journal review, but serve to introduce new materials that can be used in class. I have long wanted to create some kind of meaningful interactional experience for serious couples taking Soc. 3. A good deal of counseling takes place outside of class with serious couples. I am working up a proposal for a one unit, five week lab class that such couples may take if they desire more personal work than the Soc. 3 class setting can give them. This proposal is developing directly out of the workshop and conference experiences. I have already acquired numerous materials for such a lab course the most important two being the BEHAVIOR ANALYSIS FORMS FOR CLINICAL INTERVENTION and THE INVENTORY OF PRE-MARITAL CONFLICT. The latter sets up eighteen problematical situations on which the couple must come to a consensus as to solution. In the areas of disagreement, the couple is video taped while working toward a mutually agreeable solution. This tape is then used to analyze their interactional patterns.

It is only through working with professionals in the field that I will be able to develop a meaningful lab type experience for the students who desire it. The workshop experiences will also add many practical facets to the book. SBCC will benefit by having a new experience available to students. I, of course, will benefit greatly again by updating my knowledge and skills and also by the forced personal growth that such experiential activities demand.

C. MIDDLE EAST AND CENTRAL ASIA TRAVEL

The attached map gives you my plan of travel for the major ten week portion of the trip. Several additional weeks will be spent in Europe and traveling to our place of departure, Tehran, Iran. The purpose of this travel is to study the family cross culturally. For the most part we will travel in rural areas and overnight, when possible, in private homes or small inns. Some of the time will be spent trekking and camping. The Rolling Hotel on which we travel for four weeks is essentially camping and eating locally also. There will be ample opportunity to observe and meet with the local people on all parts of the trip.

In the past, I have found that my cross cultural experiences have been invaluable to my teaching. Awareness of the many kinds of families and social customs by which other people successfully live is very helpful in giving one perspective on his/her own culture.

In addition, observation of foreign child rearing practices will be helpful in teaching Psych. 4, Child Growth and Development. Again, by learning about other cultural practices, one is better able to understand his/her own culture and practices. What attitudes underlie certain child rearing practices is an excellent exercise yielding insight into one's own upbringing and the attitudes towards children inculcated thereby.

III. 1977-78 is a particularly good time for me to take this leave. It will allow me time to finish the book. It will allow me to
gather the most recent data both for classroom presentation and for the book. My last sabbatical was concerned with finishing my PhD work in psychology. It will be very useful for both Soc. 3 and Psych. 4 to have some more direct experience in the field of marriage and family. In addition, my son will have finished high school and will be away at college. He also, if he desires, would have time to accompany us on some part of the sabbatical.

IV. I believe that a year is necessary if I am to accomplish all three of the activities I have discussed. I am professionally qualified to do what I propose. My past sabbatical fulfilled my stated purposes in that I did receive my PhD. Departmental continuity will remain as no other instructor will be gone during this sabbatical year.