

Dating and Courtship Class

Week 1: Foundations of Dating

- I The Lord's doctrine of marriage
 - Dating vs. hanging out (What is and what isn't; Elder Oaks' talk in June 2006 *Ensign*)
- II Being the right person
 - Develop a self-reporting questionnaire (personal inventory) for members to fill out
 - Develop your positive attributes
 - Improve/minimize your faults
 - President Kimball: Examine yourselves; if you have annoying quirks, work on resolving these.
 - Have a good attitude: Dating is not life and death

Week 2: Mechanics of Dating

- I Preferences (Turn offs & turn ons)
 - What men really want in a mate
 - Men reveal their preferences here
 - What women really want in a mate
 - Women reveal their preferences here
 - Upcoming lab: You will date another class member between weeks 2 and 3
 - Question bucket: Invite questions for discussion in upcoming weeks
- II Mechanics of dating
 - Asking out & responding
 - Etiquette (dinner and doors)
 - Budget
 - What to do on dates (esp. the first one)
 - Ending the date
 - The door scene
 - After the date (gossip, grapevine chatter)
- III Lab assignment:
 - Arrange a date with another class member for the following week

Week 3: What You Always Wanted to Discuss About Dating

- I Review of the date
 - What went well
 - What could have gone better
- II Where from here?
 - Follow up: Subsequent dates. Do you go out right away? Too zealous. Too laid back.
 - Prospecting/advertising for new dates
 - Communication/conversation during the date
 - Bring out the best in others
 - Listen
 - Appropriate and inappropriate media
 - Physicality (when to hold hands/kiss)
 - Phases of relationships (acquaintanceship, friendship, romance, trust, marriage)
 - Personal hygiene & dress
 - When should girls ask guys
 - How to reject. How to handle rejection without feeling rejected.
 - Gratitude