

DEPARTMENT of Education

COURSE OUTLINE – Winter 2026

CD 2080 – B3: Interpersonal Communication II – 2(5-0-0) 30 hours for 6 weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Tanya Ray

PHONE: 780-539-2786

OFFICE: H215

E-MAIL: tray@nwpolytech.ca

OFFICE HOURS: Monday 11:00 -12:00,
email, after class

CALENDAR DESCRIPTION: This course further explores the interrelationship between self-concept, self-awareness and communicative processes. Strategies for dealing with stress are examined.

PREREQUISITE(S): HS1000

REQUIRED MATERIALS:

Adler, R.B., Rolls, J.A. & Proctor II, R.F. (2021) LOOK: Looking Out Looking In. (4th Canadian Ed.). Scarborough, Ontario: Nelson

Links to articles will also be presented during class or placed on myClass.

Classes will be delivered face to face all materials available through myClass. There will be lecture, small group work, class discussions, and a variety of other activities designed to promote active learning of the course content.

LEARNING OUTCOMES:

Upon completion of the course learners will demonstrate:

1. Increased insight into the relationship of self-awareness and communicative processes.
2. An understanding of the importance of self-concept and interpersonal relationships.
3. Knowledge of the relationship of appropriate self-disclosure to effective relationships and examine appropriate situations in which to self-disclose.
4. An understanding of stress and its positive and negative influences on job performance and personal well-being.
5. Awareness of strategies to manage stress.
6. Knowledge of and ability to implement strategies for identifying and resolving conflict in the workplace.
7. An understanding of various group process theories.
8. Practical competency skills in being effective in working with groups.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

EVALUATIONS:

- In class exercises / participation - 10%
- Three Assignment(s) - 20% each (60%)
- Test - 30%

(Assignment guidelines will be available on myClass)

*Class participation is based on the student's contribution to the class, including attendance, involvement in discussions, posing and responding to questions, and general enthusiasm.

GRADING CRITERIA

A minimum grade of C- is required to pass this course.

Please note that most institutions will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

DATE	TOPIC	
January 5	Introduction Review of Interpersonal Skills and Perception	Chapter 3 Start Chapter 8?
January 7	Self-esteem, Self-concept & Self Disclosure	Chapter 8
January 12	Self-esteem, Self-concept & Self Disclosure	Chapter 8
January 14	Communication Climates	Chapter 9

January 19	Communication Climates	Chapter 9 Due: Self-Disclosure & the Johari Window (20%)
January 21	Communication Climates	Chapter 9
January 26	Conflict Management	Chapter 10
January 28	Conflict Management	Chapter 10 Due: Assertive Message Assignment (20%)
February 2	Group Dynamics Working in Groups	Readings, handouts, websites
February 4	Identifying Stress	Readings, handouts, websites Due: Conflict Style Assignment (20%)
February 9	Stress Management	Readings, handouts, websites
February 11	Test	Test

STUDENT RESPONSIBILITIES:

NWP expects students' conduct to be in accordance with basic rights and responsibilities. Please refer to the NWP website regarding student rights and responsibilities.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

****Note:** all Academic and Administrative policies are available on the same page.