

**GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF EARLY CHILDHOOD DEVELOPMENT**

**CD 1080 Personal Development**

**SEMESTER:** Fall 2002

**Days:** Mondays 8:30 a.m.-10:00 a.m.

**CREDITS:** 2

Wednesdays: 8:30 a.m.-9:30 a.m.

**HOURS:** 30

**Location:** H135

**INSTRUCTOR:** Sharon Strasdin, B.A.; M.A. in progress (University of Victoria)

**OFFICE :** H203

**CONTACT:** 539-2786; [sstradin@gprc.ab.ca](mailto:sstradin@gprc.ab.ca)

**OFFICE HOURS:** Monday 1:00 p.m.- 4:00 p.m.

Thursday 8:00 a.m.-10:00 a.m.

**COURSE DESCRIPTION:** This course is designed to develop the student's awareness and skills in interpersonal communication. It emphasizes self understanding and awareness as a foundation from which to build effective interpersonal skills. This course requires that students commit themselves to self examination , are open to their own behavior and have an orientation towards personal growth and change.

**REQUIRED TEXT:**

DeVito, J. A., Shimoni, R., & Clark, D. ( 2001). (Canadian Ed.). *Messages: Building interpersonal communication skills*. Toronto, Ontario: Pearson Education.

**True colors-Personality Inventory Workbook (cost approximately \$15.00)**

**PREREQUISITE:** None

**OBJECTIVES: Students will:**

1. define and discuss interpersonal communication and its components.
2. develop an understanding of the benefits of self-awareness.
3. effectively use self-evaluation to strengthen interpersonal communication.
4. demonstrate and understanding of the impact of self-concept/self-esteem on communication.
5. demonstrate and understanding of and the ability to use strategies which improve interpersonal communication.
6. recognize the role and implication of gender and culture on communication.

7. demonstrate knowledge of types and characteristics of non-verbal communication and develop strategies for improving non-verbal communication
8. recognize defensive behaviors and gain an understanding of how they create blocks to communication.
9. demonstrate an awareness of the differences between non assertive, aggressive and assertive behaviors.
10. discuss the role of perception on communication and develop effective strategies to minimize misunderstandings.

**CLASS FORMAT:** Classroom instruction will be a combination of lecture and small and large group work. Audio-visual material and additional materials will supplement text readings.

**ATTENDANCE:** Much of the learning in this class occurs through participation in a number of in-class tasks, some of which will be graded. Students who miss in-class tasks may be required to make them up outside of class time. Students are responsible for missed class time, including the gathering of resources handed out during class.

**GRADING POLICY:** A final grade of 4 is required to pass the course; assignments will be graded using the nine point system:

<b>9</b>	<b>90-100%</b>
<b>8</b>	<b>80-89%</b>
<b>7</b>	<b>72-79%</b>
<b>6</b>	<b>65-71%</b>
<b>5</b>	<b>57-64%</b>
<b>4</b>	<b>50-56%</b>
<b>3</b>	<b>45-49%</b>
<b>2</b>	<b>26-44%</b>
<b>1</b>	<b>0-25%</b>

**\*the college grading system is under review**

**LATE POLICY:** Assignments are to be submitted by 4:30 p.m. on the due date. Late assignments will be docked an initial 5%, then 5%/week. The instructor has the right to determine a final date of acceptance.

**ASSIGNMENT STANDARDS:** Refer to the student handbook.

**ASSIGNMENTS:** The assignment package will be distributed during the first class. Refer to this package for a description of assignments, weightings and due dates.

**CLASS CONDUCT:** It is the right of the student and of the instructor to a favorable learning/teaching environment. It is the responsibility of the student and of the instructor to engage in appropriate adult behaviors that supports learning.

**CLASS SCHEDULE:** \*note this schedule is tentative and subject to revision; readings refer to the chapter in the text and indicate the required reading for the next week ( i.e. Chapter 1 is to be read for Sept. 11).

Date	Topic	Reading/Assignments
Sept. 9	Introduction to the course, expectations	1
11	Principles of interpersonal communication	1
16	Principles continued	2
18	True colors workshop	2
23	Self-concept, self-awareness and communication	2
25	Self-concept, self-awareness and communication	3; <b>Assignment I Due</b>
30	Perception and its effect on communication	3
Oct. 2	Perception continued	3
7	Perception continued	4
9	Listening and its relationship to communication	4; <b>Discuss book</b>
14	Holiday	
16	Listening Continued	4
21	Listening Continued	5
23	Verbal messages-improving interpersonal communication	5 <b>Discuss book</b>
28	Verbal messages continued	5
30	Verbal messages continued	6; <b>Assignment II Due</b>

Nov. 4	Non-verbal communication	6
6	Non-verbal continued	6
11	Holiday	
13	Non-verbal continued	9
18	Influence of gender on communication	9
20	Influence of gender continued	9
25	Influence of culture on communication	9
27	Influence of culture continued	12
Dec. 2	Supportive, aggressive, assertive and non-assertive behavior	12
4	Continue as above	12
9	Continue as above	<b>Assignment III due</b>
11	Wrap-up	<b>Assignment III due</b>