



DEPARTMENT OF HUMAN SERVICES
COURSE OUTLINE – CD 2080
INTERPERSONAL COMMUNICATIONS II
Winter 2011

INSTRUCTOR: Tanya Ray **PHONE:** 780-539-2043
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OFFICE HOURS: Monday 1:00 – 3:00
Tuesday 12:00-2:00
OR by appointment

PREREQUISITE(S)/COREQUISITE: Successful completion of first year or consent of the Department

REQUIRED TEXT/RESOURCE MATERIALS:

Adler, R.B., Proctor, R.F., Towne, N., and Rolls, J. A. (2008) Looking Out Looking In. (3rd Canadian ed.). Scarborough, On: Nelson Thomson Learning.

You should have this textbook from HS1000.

Links to articles will also be presented during class.

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

CREDIT/CONTACT HOURS:
2 credits (30 hours)

DELIVERY MODE(S): Course work includes lectures, class discussions, and group work.

OBJECTIVES:

1. The learner will gain increasing insight into the relationship of self-awareness and communicative processes.
2. The learner will demonstrate an understanding of the importance of self-concept and interpersonal relationships.
3. The learner will explore the relationship of appropriate self-disclosure to effective relationships and examine appropriate situations in which to self-disclose.
4. The learner will demonstrate an understanding of stress and its positive and negative influences on job performance and personal well-being.
5. The learner will become acquainted with strategies to manage stress.
6. The learner will become acquainted with and implement strategies for identifying and resolving conflict in the workplace.
7. The learner will understand various group process theories.
8. The learner will become knowledgeable about, and practice skills in being effective in working with groups.

TRANSFERABILITY:

**** 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.**

GRADING CRITERIA:

COURSE EVALUATION:

- Reflection Exercises/in class learning Activities - 40%
- Group Work Assignment(s) - 30%
- Quiz - 20%
- Attendance /participation* - 10%

(Assignment guidelines will be handed out in class)

*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 POLICY: Check your student handbook for program information on minimal pass requirements.

Alpha Grade	4-point Equivalence	Descriptor	Raw Score
A+	4.0	Excellent	90-100
A	4.0	Excellent	85-89
A-	3.7	Excellent	80-84
B+	3.3	Good	76-79
B	3.0	Good	73-75
B-	2.7	Good	70-72
C+	2.3	Satisfactory	67-69
C	2.0	Satisfactory	64-66

EXAMINATIONS: There is no final exam for this course.

STUDENT RESPONSIBILITIES:

Students are advised to familiarize themselves with Grande Prairie Regional College's Academic Regulations regarding Student Conduct as described in the College Calendar. Pay particular attention to the regulations on Cheating and Plagiarism.

The following responsibilities are highlighted as they apply directly to classroom climate.

It is your responsibility to arrive on time. Late arrivals are disruptive to classes. If you do arrive late, minimize your disruption of the class by sitting in the first available seat next to the door, taking out your materials quietly and getting to work. Do not disrupt the class by making your way to your usual seat or by asking classmates what you have missed. It disrupts the class's learning as attention is shifted from class content to addressing your needs. Questions asked of the instructor that would have been unnecessary had you arrived on time will not be answered during classes. Learners will be responsible for using course materials to find the information they need.

It is your responsibility to attend all classes. The importance of **ATTENDANCE** cannot be overemphasized. Learners cannot benefit from active learning strategies if they are not present and the class is denied the participation and input of one of their valued peers. If you must be absent from a class, it is your responsibility to obtain missed material from classmates. If you need further explanation after having reviewed this material, the instructor will be available to you.

It is your responsibility to participate and request clarification. Active participation will facilitate student learning. Student responsibility for requesting clarification reflects the instructor's recognition that students are responsible for their own learning. Only you know when you need help.

Cell Phones: Cell phones are disruptive and should only be used in emergency situations. **Texting is NOT allowed during class.**

STATEMENT ON PLAGIARISM AND CHEATING:

Please refer to pages 49-50 of the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

COURSE SCHEDULE/TENTATIVE TIMELINE:

DATE	TOPIC
Thursday, January 6	Introduction Review of Interpersonal Skills and Perception
Tuesday, January 11	Review of Interpersonal Skills and Perception
Thursday, January 13	Identifying Stress
Tuesday, January 18	Stress Management
Thursday, January 20	Coping with Stress
Tuesday, January 25	Self-awareness, Self-esteem and Self-concept
Thursday, January 27	Conflict Management
Tuesday, February 1	Conflict Management
Thursday, February 3	Group Dynamics
Tuesday, February 8	Working in Groups
Thursday, February 10	Working in Groups
Tuesday, February 15	Catch up/Review
Thursday, February 17	Quiz