



DEPARTMENT OF HUMAN SERVICES
COURSE OUTLINE – Winter 2019
CD 2080 – A3: INTERPERSONAL COMMUNICATIONS II

INSTRUCTOR: Tanya Ray
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OFFICE

HOURS: Stop by my office or call/email for an appointment.

DATE/TIMES: Monday and Wednesday 1:00 – 3:20 p.m.

LOCATION: A208

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

REQUIRED TEXT/RESOURCE MATERIALS:

Adler, R.B., Proctor, Rolls, J. A. & Russell F. Proctor II (2015) LOOK: Looking Out Looking In. (3rd Canadian Ed.). Scarborough, Ontario: Nelson
(2nd edition is ok)

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

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.

COURSE OBJECTIVES:

- This course will provide students with:
- Further exploration of the interrelationship between self-concept, self-awareness and communicative processes in HS 1000.
- Strategies for dealing with stress are also examined.

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.

COURSE EVALUATION:

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

(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 CRITERIA:

Note: The passing grade for courses taken within the Human Services Department is C- (1.7).

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		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

TRANSFERABILITY:

Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability. Please refer to the Alberta Transfer guide for current transfer agreements: www.transferalberta.ca

STUDENT RESPONSIBILITIES: The College expects students' conduct to be in accordance with basic rights and responsibilities. Refer to the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or <http://www.gprc.ab.ca/about/administration/policies/>

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or <http://www.gprc.ab.ca/about/administration/policies/>

These are serious issues and will be dealt with severely.

COURSE SCHEDULE/TENTATIVE TIMELINE:

DATE	TOPIC	
January 7	Introduction Review of Interpersonal Skills and Perception	Chapter 3 Start Chapter 8?
January 9	Self-esteem, Self-concept & Self Disclosure	Chapter 8
January 14	Self-esteem, Self-concept & Self Disclosure Communication Climates	Chapter 8 Chapter 9
January 16	Communication Climates	Chapter 9
January 21	Conflict Management	Chapter 10
January 23	Conflict Management	Chapter 10 Due: Assertive Message Assignment (20%)
January 28	Group Dynamics Working in Groups	Readings, handouts, websites
January 30	Working in Groups	Readings, handouts, websites Due: Conflict Style Assignment (20%)
February 4	Identifying Stress	Readings, handouts, websites
February 6	Identifying Stress	Readings, handouts, websites
February 11	Stress Management	Readings, handouts, websites Due: Working in Groups Assignment (20%)*
February 13	Test	Test

*For those in Spring Nursery this assignment will be due much later.