



DEPARTMENT OF HUMAN SERVICES
COURSE OUTLINE – CD 2080
INTERPERSONAL COMMUNICATIONS II
Winter 2013

INSTRUCTOR: Tanya Ray **PHONE:** 780-539-2043
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OFFICE HOURS: Monday 10:00-11:00, Tuesday 12:00-1:00 or just stop by my office.
I may ask you to make an appointment if I am busy.

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 (2012) LOOK: Looking Out Looking In. (Canadian Ed.). Scarborough, Ontario: Nelson

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.

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:

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 - 30%
- Attendance /participation* - 10%
- Assignment(s) - 40%
- Quiz - 20%

(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.**

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY/MINIMAL PASS
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	FAIL
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

Note: As of September, 2012, the passing grade for courses taken within the Human Services Department is **C-** (1.7).

EXAMINATIONS: There is no final exam for this course.

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 8	Introduction Review of Interpersonal Skills and Perception	
January 10	Review of Interpersonal Skills and Perception	Chapter 3
January 15	Self-esteem, Self-concept & Self Disclosure	Chapter 8
January 17	Self-esteem, Self-concept & Self Disclosure	Chapter 8
January 22	Communication Climates	Chapter 9
January 24	Clear Messages	Chapter 9
January 29	Conflict Management	Chapter 10
January 31	Conflict Management	Chapter 10 Due: Clear Message Assignment (10%)
February 5	Group Dynamics	Readings, handouts, websites
February 7	Working in Groups	Readings, handouts, websites
February 12	Working in Groups	Readings, handouts, websites Due: Conflict Style Assignment (15%)
February 14	Identifying Stress	Readings, handouts, websites
February 19	Stress Management	Readings, handouts, websites
February 21	Coping with Stress	Readings, handouts, websites Due: Working in Groups Assignment (15%)
February 26	Catch up/Review	
February 28	Quiz	