



DEPARTMENT OF HUMAN SERVICES
COURSE OUTLINE – CD 2080
INTERPERSONAL COMMUNICATIONS II
Winter 2015

INSTRUCTOR: Tanya Ray **PHONE:** 780-539-2786
OFFICE: H203 **E-MAIL:** tray@gprc.ab.ca

OFFICE HOURS: Monday 11:30-1:00 or just stop by my office.
I may ask you to make an appointment if I am busy.

DATE/TIMES : Monday 10:00 – 11:20 & Thursday 8:30 – 11:20

LOCATION: H135

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. (2nd 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 - 15%
- Attendance /participation* - 10%
- Assignment(s) - 55%
- 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	Chapter 3
January 12	Self-esteem, Self-concept & Self Disclosure	Chapter 8
January 15	Self-esteem, Self-concept & Self Disclosure	Chapter 8
January 19	Communication Climates	Chapter 9
January 22	Assertive Messages	Chapter 9
January 27	Conflict Management	Chapter 10
January 26	Conflict Management	Chapter 10 Due: Assertive Message Assignment (15%)
January 29	Group Dynamics	Readings, handouts, websites
February 2	Working in Groups	Readings, handouts, websites
February 5	Working in Groups	Readings, handouts, websites Due: Conflict Style Assignment (20%)
February 9	Identifying Stress	Readings, handouts, websites
February 12	Identifying Stress	Readings, handouts, websites
February 16 & 19	WINTER BREAK!	
February 23	Stress Management	Readings, handouts, websites Due: Working in Groups Assignment (20%)
February 26	Quiz	