

University of Alberta
Collaborative Baccalaureate
Nursing Program
with
Grnade Prairie Regional College

NS1010
INTERPERSONAL COMMUNICATIONS

Course Outline

Fall 1996

Faculty

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GRANDE PRAIRIE REGIONAL COLLEGE

RP1203/NS1010 - INTERPERSONAL COMPETENCE

COURSE OUTLINE

FALL 1996: SEPTEMBER 6 - DECEMBER 6

CLASS TIMES: Tuesday and Thursday
9:30 - 10:50 am
NOTE: NS1010 requires one hour per week lab time
which will be attached to NS1040 lab.

CLASS LOCATION: Room L123

INSTRUCTOR: Betty Barton

OFFICE: H229

OFFICE HOURS: Wednesdays 8:30 - 9:30
Thursdays 1330 - 1530 (1:30-3:30pm)

PHONE: 539-2892 (office)
539-6337 (home)

PREREQUISITE: None

COURSE DESCRIPTION:

This course develops basic skills and awareness in interpersonal communication and behaviour. It emphasizes self-understanding and the elements of interpersonal communication.

This course requires considerable self-examination and openness concerning one's own behaviour, and an orientation towards personal growth and change. Because of the personal nature of some assignments, these may, at the student's discretion, be presented in confidence to the instructor.

REQUIRED TEXT:

Looking Out/Looking In, Eighth Edition, Adler and Towne, Harcourt Brace College Publishers, Orlando, Florida, 1996. Chapters 1-10, excluding chapter 7.

Readings from additional sources may be assigned during the course. If so, these will be placed on reserve.

CLASS FORMAT:

Classes will utilize a mixture of lecture, group discussion, role-playing, and class activities. Student participation is an essential element of the course.

COURSE OBJECTIVES:

Students will:

1. Define and discuss interpersonal communication using the components of an appropriate communication model.
2. Effectively use a self-evaluation tool on a given interpersonal communication.
3. Recognize the role and implications of culture and gender on communication.
4. Discuss the characteristics and development of self-concept and how it affects communication.
5. Realize the individual differences related to perception and develop effective communication strategies to minimize misunderstandings.
6. Discuss the role of emotions and cognition in effective communication.
7. Understand and discuss the ambivalence of word and language usage and develop strategies for overcoming troublesome language.
8. Discuss the characteristics of non-verbal communication and practice the interpretation of non-verbal behaviour.
9. Discuss the dynamics of interpersonal relationships and self-disclosure.
10. Explain the importance of a positive communication climate and demonstrate skills in reducing defensiveness.
11. Identify the nature and styles of conflict and conflict resolution.
12. Demonstrate a method of conflict resolution that utilizes assertion rather than aggression.
13. Understand the importance of the role of culture and gender in the development of communication styles.

GRADING:

1. Assignments

50% Five (5) Communication Skills mini-assignments

Detailed instructions for the completion of the five assignments will be provided as material is covered in class.

All mini-assignments should be typed or legibly handwritten. Marks will be deducted for poor legibility, disorganization, or improper language usage.

NOTE: No more than one resubmission opportunity per mini assignment will be provided. A 10% penalty will be applied to resubmissions.

2. Tests and Exams

There will be two unit tests and a final exam. The final exam, which will emphasize material covered from the third unit, will be written during exam week.

30% Each unit test will be worth 15% of the final grade.

20% The final exam will cover material from the entire course.

NOTE: Students who have maintained a grade of 80% or better on BOTH unit tests may choose to write a final unit test instead of the final exam. In this case all unit tests will be equally weighted. The final unit test will be written at the same time as the final exam.

N.B. NS1010 STUDENTS ONLY:

The above grading outline accounts for **75% ONLY** of your final mark. The remaining 25% will be based on your lab work done in conjunction with NS1040 clinical.

GRADES:

REHABILITATION SERVICES STUDENTS

In order to obtain credit for this course, students must achieve a minimum grade of 6 i.e. 65%.

NURSING STUDENTS

In order to obtain credit for this course, students must achieve a minimum grade of 4 (50%). However a cumulative GPA of 5 (57%) is required to continue in the basic Nursing program.

RULES AND REGULATIONS

1. Assignments must be submitted by 4:00 p.m. on or before the date they are due. Late assignments will be penalized at a rate of 5% per day. For instance, an assignment given a grade of 75% would be awarded 70% one day past the deadline, 65% two days past the deadline, and so on.
2. Any student not able to write a test or exam on the date scheduled must indicate to the instructor the reasons he/she is unable to do so. The instructor reserves the right to determine the validity of the reason. Should it be agreed that the absence will be excused, an alternate date will be set. If the student fails to write on the alternate date, a grade of zero will be assigned.

CLASS SCHEDULE:

The attached class schedule and overview is as accurate as can be prepared at the outset of this course. Changes in content and scheduling may be necessary.

FALL 1996 - TOPIC OUTLINE & TENTATIVE SCHEDULE

SESSION	TOPIC	ASSIGNED READINGS	ASSIGNMENTS DUE
T. Sept. 10	Introductions, Housekeeping, Course Overview, Why We Communicate	pages 4 - 9	
R. Sept. 12	The Process of Communication and Process Recording Format	pages 10 - 19	
T. Sept. 17	Interpersonal Communication (cont'd)	pages 19 - 43	
R. Sept. 19	Development of Self Concept	pages 45 - 60	
T. Sept. 24	Self-Fulfilling Prophecy and Changing Self Concept	pages 60 - 70	
R. Sept. 26	Impression Management	pages 71 - 85	
T. Oct. 1	Perception: Process, Influences and Accuracy	pages 87-114	
R. Oct. 3	Perception Checking	pages 115-117	
T. Oct. 8	Empathy	pages 117-129	Assignment #1 Perception Check
T. Oct. 10	Test #1		Chapters 1, 2, 3
T. Oct. 15	Emotions: Types and influences	pages 131-145	
R. Oct. 17	Test Review Expressing Emotions and Managing Difficult Emotions	pages 145-165	
T. Oct. 22	Managing Difficult Emotions (cont'd)		
R. Oct. 24	Language: Nature, Impact and Uses	pages 169-196	Assignment #2 Disputing Irrational Thoughts
T. Oct. 29	Responsible Language Disruptive language	pages 196-205	
R. Oct. 31	Influence of Gender and Culture on Language	pages 206-223	
T. Nov. 5	Characteristics and Differences of Nonverbal Communication	pages 225-242	Assignment #3 Responsible Language
R. Nov. 7	Types of Nonverbal Communication	pages 242-269	
T. Nov. 12	Test #2		Chapters 4, 5, 6

R. Nov. 14	Intimacy and Relationships	pages 313-336	
T. Nov. 19	Test Review Self Disclosure in Relationships	pages 336-363	
R. Nov. 21	Communication Climate and Defensiveness	pages 365-378	
T. Nov. 26	Reducing Defensive Behaviour	pages 379-397	
R. Nov. 28	Nature and Styles of Conflict The Clear Message Format	pages 399-421	
T. Dec. 3	Variables in Conflict Styles and Relationships	pages 422-438	Assignment #4 Defensive & Supportive Language
R. Dec. 5	Win - Win Communication Skills	pages 439-450	Assignment #5 Clear Message

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IMPORTANT DATES

Oct. 8	Assignment #1 Perception Check	10%
Oct. 10	Test #1 Chapters 1, 2, 3	15%
Oct. 24	Assignment #2 Disputing Irrational Thoughts	10%
Nov. 5	Assignment #3 Responsible Language	10%
Nov. 12	Test #2 Chapters 4, 5, 6	15%
Dec. 3	Assignment #4 Defensive and Supportive Language	10%
Dec. 5	Assignment #5 Clear Message	10%