

**GRANDE PRAIRIE REGIONAL COLLEGE**

**REHABILITATION SERVICES PROGRAM**

**INTERPERSONAL COMPETENCE RP1203**

Fall 1992 - September 1 to December 18, 1992

**Class Times:** Sept. 1 - Oct. 30 Tuesday 4:30 to 7:30 p.m.  
Nov. 2 - Dec. 11 TBA

**Class Location:** G110

**Instructor:** Betty Barton

**Office:** H229

**Office Hours:** Monday, Tuesday, Wednesday  
3:00 to 4:00 p.m.  
or by appointment

**Phone:** 539-2892 (office)  
539-6337 (home)

**Prerequisite:** None

**COURSE DESCRIPTION:**

This course develops basic skills and awareness in interpersonal communication and behaviour.

Interpersonal Competence emphasizes self-understanding and the elements of interpersonal communication.

This course requires considerable self-examination, 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, Sixth Edition, Adler and Towne, 1990. 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, small group discussion, role-playing format, and class activities. Some activities may be videotaped for feedback purposes. Student participation is an essential element of the course.

### **COURSE OBJECTIVES:**

On completion of this course the student will be able to:

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. Discuss the characteristics and development of self-concept and how it affects communication.
4. Realize the individual differences related to perception and develop effective communication strategies to minimize misunderstandings.
5. Discuss the role of emotions and cognition in effective communication.
6. Understand and discuss the ambivalence of word and language usage and develop strategies for overcoming troublesome language.
7. Discuss the characteristics of non-verbal communication and practice the interpretation of non-verbal behaviour.
8. Discuss the dynamics of interpersonal relationships and self-disclosure.
9. Explain the importance of communication climate and demonstrate skills in reducing defensiveness in a role-play situation.
10. Identify the nature and styles of conflict and conflict resolution.
11. Demonstrate a method of conflict resolution that utilizes assertion rather than aggression.

## **EVALUATION:**

Final marks will be based on 6 mini-assignments (10 marks each) and three exams.

Mini-assignments	60%		
Exam I	10%		October 5
Exam II	10%		November 13
Exam III	15%	(Chapters 1-6: 15% of exam, Chapters 8-10: 85% of exam)	Week of Dec. 10-14
Participation	5%		
TOTAL	100%		

## **GRADES:**

9	90 - 100%
8	80 - 89%
7	72 - 79%
6	65 - 71%
5	57 - 64%
4	50 - 56%
3	45 - 49%
2	26 - 44%
1	0 - 25%

\*\*In order to obtain credit for this course, students must achieve a minimum of 65% or a 6.

## **ASSIGNMENTS:**

### Mini-assignments (60 points)

Six mini-assignments worth 10 marks each will be introduced in class. Detailed instructions for their completion will be provided when assigned.

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