

CATALOG INFORMATION

Dept and Nbr: PSYCH 52 Title: INTERPERSONAL COMM
Full Title: Interpersonal Communication
Last Reviewed: 2/27/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly: PSYCH 32

Catalog Description:
This psychology course examines interpersonal communication theory, principles, and skills that lead to effective interpersonal relations. Major emphases of study will be on the understanding of self and others in interpersonal communication.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Schedule of Classes Information:
Description: This psychology course examines interpersonal communication theory, principles, and skills that lead to effective interpersonal relations. Major emphases of study will be on the understanding of self and others in interpersonal communication. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 1A or equivalent
Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
	E	Fall 1981	
	Lifelong Learning and Self Development		

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Effective:	Inactive:
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UC Transfer:	Effective:	Inactive:
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CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Describe theoretical communication systems that address the principles of conveying feelings, attitudes, facts, beliefs, and ideas between individuals.
2. Identify various concepts of “self” and “other” in understanding behavior, communication, and interpersonal relationships.
3. Describe the influences of gender, ethnicity, and culture on communication and the development of interpersonal relationships.

Objectives:

At the conclusion of this course, the student should be able to:

1. Describe interpersonal communication.
2. Analyze the relationship between perception and communication.
3. Describe how the “self-concept” is multidimensional when communicating.
4. Explain the ethnic, cultural, and gender elements of communication.
5. Explain the correlation between emotions and communication.
6. Analyze the importance of verbal and nonverbal skills in communication.
7. Recognize patterns of conversation and communication style.
8. Identify listening and responding skills for improving communication.
9. Compare and contrast conflict management styles and interpersonal conflict.
10. Differentiate between relationships of choice and relationships of circumstance.
11. Describe how to manage relational expectations.

Topics and Scope:

- I. Introduction to Interpersonal Relations
 - A. Characteristics of Personal Relationships

- B. Principles of Interpersonal Communication
- C. Interpersonal Communication Myths
- D. Patterns and Variations of Communication
- II. Interpersonal Communication and Perception
 - A. Understanding Interpersonal Perception
 - B. How We Define and Form Impressions of Others
 - C. Barriers to Accurate Interpersonal Perception
 - D. How to Improve Interpersonal Perception Skills
- III. The Self-Concept and Communication
 - A. The Formation and Development of the Self-Concept
 - B. Characteristics and Components of the Self-Concept
 - C. Defensiveness and Non-defensive Reactions
 - D. Overcoming Communication Challenges: Inflated Self-Esteem
- IV. Interpersonal Communication and Diversity
 - A. Understanding Others: Adapting to Differences
 - B. Stereotyping and Prejudice
 - C. Barriers to Effective Intercultural Communication
 - D. Improving Intercultural Communication Competence
- V. Emotion and Communication
 - A. The Importance of Understanding Emotions and Communication
 - B. Emotions and Physiology
 - C. Types of Emotions
 - D. Managing Our Emotions
- VI. Verbal and Nonverbal Communication
 - A. Interpersonal Communication Motives and Verbal Communication
 - B. Skills for Improving Verbal and Nonverbal Communication
 - C. The Challenge of Interpreting Nonverbal Messages
 - D. Overcoming Communication Challenges
- VII. Conversation and Communication Style
 - A. Studying Conversation and Engaging in Conversational Analysis
 - B. Conversation, Communication, Apprehension, and Motivation
 - C. Skills of Competent Conversationalists
 - D. Overcoming Conversational Dilemmas
- VIII. Listening and Confirming Responses
 - A. Listening Defined
 - B. Stages in the Listening Process
 - C. Types of Confirming Responses
 - D. Enhancing Listening Comprehension and Responding Skills
- IX. Conflict Management Skills
 - A. Conflict Defined: Myths, Types, and Styles
 - B. Conflict and Power
 - C. Managing Anger
 - D. Setting Boundaries with Assertive Communication
- X. Understanding Interpersonal Relationships
 - A. Characteristics of Personal Relationships
 - B. Theoretical Perspectives and Models of Relational Development
 - C. Stages of Interpersonal Relationship Development
 - D. Skills in the Life Cycle of a Relationship
- XI. Managing Relationship Challenges
 - A. Violations of Relational Expectations and Failures
 - B. Deception, Jealousy, and Obsessive Intrusion
 - C. De-Escalation and Termination of Relationships

D. Skills and Strategies for Managing Relationships

Assignment:

1. Read approximately 25-35 pages per week and discuss material in the textbook and supplements
2. One to three writing assignments that may include a term, interview, or research paper, journal writing, or portfolio for a minimum of 1250 words
3. Exams (2-3) and one final exam or project/portfolio
4. Oral presentations and/or group projects

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework, term, interview, or research papers; journals. A minimum of 1,250 words for the course.

Writing
10 - 25%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations
0 - 0%

Exams: All forms of formal testing, other than skill performance exams.

Exams: Midterm exams and final or portfolio for examination purposes

Exams
75 - 90%

Other: Includes any assessment tools that do not logically fit into the above categories.

Class discussions that may include group projects and oral presentations

Other Category
0 - 15%

Representative Textbooks and Materials:

Interpersonal Communication: Relating to Others. 8th ed. Beebe, Steven and Beebe, Susan and Redmond, Mark. Pearson. 2016

Interpersonal Communication and Human Relationships. 7th ed. Knapp, Mark and Vangelisti, Anita and Caughlin, John. Pearson. 2013 (classic)

Interpersonal Communication: Competence and Contexts. 2nd ed. Lane, Shelley. Pearson. 2009 (classic)

