

**COMM 6 Course Outline as of Fall 2025****CATALOG INFORMATION**

Dept and Nbr: COMM 6 Title: INTERPERSONAL COMM

Full Title: Interpersonal Communication

Last Reviewed: 11/4/2024

| 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            | 4    | 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: COMM 66

**Catalog Description:**

Students will learn theories and research of communication in one-on-one (interpersonal) relationships, focusing on experiences, behaviors, and rules governing those interactions. Students will study factors influencing communication, such as perception, development of self-concept, self-disclosure, listening, relationships, language and conflict. Students will explore how verbal and nonverbal communication can impact the socially-constructed dynamics of one-on-one relationships. Students will be expected to explain contemporary and historical theories and describe scholarly research in their essays and presentations.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL C1000 or EMLS 10 or equivalent or appropriate placement based on AB705 mandates

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Students will learn theories and research of communication in one-on-one

(interpersonal) relationships, focusing on experiences, behaviors, and rules governing those interactions. Students will study factors influencing communication, such as perception, development of self-concept, self-disclosure, listening, relationships, language and conflict. Students will explore how verbal and nonverbal communication can impact the socially-constructed dynamics of one-on-one relationships. Students will be expected to explain contemporary and historical theories and describe scholarly research in their essays and presentations. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL C1000 or EMLS 10 or equivalent or appropriate placement based on AB705 mandates

Limits on Enrollment:

Transfer Credit: CSU;UC.

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

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                   |             |                                       |                   |                  |
|-------------------|-------------|---------------------------------------|-------------------|------------------|
| <b>AS Degree:</b> | <b>Area</b> |                                       | <b>Effective:</b> | <b>Inactive:</b> |
|                   | B           | Communication and Analytical Thinking | Fall 1981         |                  |

|                |                      |  |                   |                  |
|----------------|----------------------|--|-------------------|------------------|
| <b>CSU GE:</b> | <b>Transfer Area</b> |  | <b>Effective:</b> | <b>Inactive:</b> |
|                | E                    | Lifelong Learning and Self Development | Fall 1993         |                  |

|               |                      |  |                   |                  |
|---------------|----------------------|--|-------------------|------------------|
| <b>IGETC:</b> | <b>Transfer Area</b> |  | <b>Effective:</b> | <b>Inactive:</b> |
|---------------|----------------------|--|-------------------|------------------|

|                      |              |                   |           |                  |
|----------------------|--------------|-------------------|-----------|------------------|
| <b>CSU Transfer:</b> | Transferable | <b>Effective:</b> | Fall 1981 | <b>Inactive:</b> |
|----------------------|--------------|-------------------|-----------|------------------|

|                     |              |                   |           |                  |
|---------------------|--------------|-------------------|-----------|------------------|
| <b>UC Transfer:</b> | Transferable | <b>Effective:</b> | Fall 2009 | <b>Inactive:</b> |
|---------------------|--------------|-------------------|-----------|------------------|

### **CID:**

CID Descriptor: COMM 130 Interpersonal Communication

SRJC Equivalent Course(s): COMM6

### **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. Explain the importance of listening effectively to others in interpersonal communication settings.
2. Describe the elements of verbal and nonverbal communication as they relate to interpersonal communication using current research and applicable theories.
3. Identify communication skills deployed for successful management of interpersonal conflicts.

### **Objectives:**

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

1. Demonstrate understanding of how interpersonal communication can influence relationships by looking at the foundational theories of the discipline and comparing to current scholarship and research.

2. Acquire an awareness and appreciation of the sociological and behavioral complexities of the communication process, including how age, gender, race, ethnicity, and other forces may affect it.
3. Demonstrate appropriate listening skills in a variety of interpersonal contexts.
4. Evaluate and adapt their verbal and non-verbal cues in various interpersonal settings.
5. Discuss how language choice and social-identity can significantly impact interpersonal interactions.
6. Explore and analyze social and social-identity roles as they apply to relational communication using social scientific research methodologies and theories.
7. Identify the difference between passive, assertive and aggressive behavior.
8. Explain ways that communication creates, develops and changes personal identities.
9. Recognize and apply constructive conflict management techniques.
10. Analyze the role of technology in interpersonal communication.
11. Analyze interpersonal communication in various contexts, including personal and professional, using various studies in the discipline and citing both contemporary and foundational theories.

## **Topics and Scope:**

### I. Interpersonal Communication in Social and Behavioral Sciences

- A. Communication process
  1. Definition and basic terms
  2. Communication model
  3. Barriers to understanding communication
- B. Discipline research methodologies
  1. Qualitative
  2. Quantitative

### II. Listening

- A. The process of listening
  1. Physiological processes
  2. Psychological processes
- B. Listening styles
- C. Barriers to listening
- D. Effective listening behaviors

### III. Self-Concept and Self-Esteem

- A. Influences of outside sources (media, family/friends, societal norms, etc.)
  1. Looking glass self
  2. Attachment style theory
- B. Maslow's Theories
  1. Hierarchy of values
  2. Model of self-awareness
- C. Effects of low self-esteem
- D. Face and facework
- E. Self-fulfilling prophecy
- F. Schutz's Interpersonal Needs Theory

### IV. Perception

- A. Variables that affect perception, including behavioral, sociological, and cultural factors
  1. Attribution theory
  2. Standpoint theory
- B. Differences in perception
- C. Sociological and behavioral influences on impression formation
  1. Impression formation theory

- 2. Implicit personality theory
- D. Perception errors
- V. Cultural Diversity
  - A. Categorization of people (sociological, physiological, etc.)
  - B. Enculturation and acculturation
  - C. Low and high context
  - D. Hofstede's cultural dimensions
  - E. Behavioral and sociological barriers to effective intercultural communication
- VI. Emotions
  - A. Components
    - 1. Physiological reactions
    - 2. Cognitive responses
    - 3. Behavioral reactions
    - 4. Subjective affective responses
  - B. General principles and sociological theories
- VII. Verbal Communication/Language
  - A. Theories of language acquisition, such as the Sapir-Whorf Hypothesis
  - B. Language barriers
  - C. Language complexities, such as abstraction and Ogden & Richards' Triangle of Meaning
- VIII. Non-Verbal Communication
  - A. Functions and characteristics
  - B. Types of cues (e.g.: kinesics, proxemics, paralanguage, etc.)
  - C. Socially-constructed differences
  - D. Mehrabian's contribution to interpretation of non-verbal cues
- IX. Relational Communication
  - A. Relational roles and functions
  - B. Social identity
  - C. Intimacy
  - D. Self-disclosure
    - 1. Johari Window
    - 2. Social penetration theory
  - E. Jung's Communication Social Styles
  - F. Beren's Transactional Analysis
  - G. Relationship stages
  - H. Relationship repair and dissolution
  - I. Loneliness
  - J. Theories of relational development
    - 1. Social exchange theory
    - 2. Dialectical Theory
- X. Conflict Resolution/Negotiation Techniques
  - A. Types of conflict
  - B. Sources of conflict
  - C. Progression of conflict
  - D. Behavioral styles (aggressive, assertive, passive)
  - E. Conflict management styles
  - F. Negotiation techniques
  - G. Defensive versus supportive communication
- XI. Technology and Communication
  - A. Effective use of communication technology
  - B. Effect of technology on communication

**Assignment:**

1. Written Assignments
  - a. Free writing assignments
  - b. Topic related journal assignments that apply theories to examples of interpersonal communication -- 10-20 pages total per semester.
  - c. Three to five short 2–5-page analytical papers or two 4–10-page term papers that use theories to predict and/or explain interpersonal communication in various contexts.
2. Reading Assignments - 30 pages/week
3. Observational assignments
4. Discussions about theories and research in interpersonal communication
5. In-class Assignments
  - a. Experiential activities
  - b. Group projects
  - c. Class participation
6. Oral presentation(s) involving application or explanation of theories and/or current research in the field
  - a. Individual -- 1-2 presentation(s)
  - b. Group -- 1-2 presentation(s)
7. Exam(s) 1-3 (such as multiple choice and short answer)

**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 Assignments  | Writing<br>50 - 70%              |
| <p><b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.</p> |                                  |
| None   | Problem solving<br>0 - 0%        |
| <p><b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.</p>              |                                  |
| Class performances; observational assignments; group project; individual presentation(s); group presentation(s)  | Skill Demonstrations<br>10 - 25% |
| <p><b>Exams:</b> All forms of formal testing, other than skill performance exams.</p>  |                                  |
| Exam(s)  | Exams<br>5 - 30%                 |
| <p><b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.</p>  |                                  |
| Class participation  | Other Category<br>10 - 25%       |

**Representative Textbooks and Materials:**

Communicate! A Workbook for Interpersonal Communication. 7th ed. Long Beach City College Foundation. Kendall-Hunt. 2004. (classic).

The Interpersonal Communication Book. 16th ed. DeVito, Joseph. Pearson. 2022.

Looking Out, Looking In . 16th ed. Adler, Ronald and Proctor II, Russell. Cengage L. 2023.

Interpersonal Communication: Relating to Others. 9th ed. Beebe, Steven and Beebe, Susan and Redmond, Mark. Pearson. 2020. (classic).

**Open Educational Resource(s) (OER):**

Interpersonal Communication: Context and Connection. ASCCC Open Educational Resources Initiative (OERI). Creative Commons Attribution-ShareALike 4.0 International License.

[https://socialsci.libretexts.org/Bookshelves/Communication/Interpersonal\\_Communication/Interpersonal\\_Communication%3A\\_Context\\_and\\_Connection\\_\(ASCCC\\_OERI\)](https://socialsci.libretexts.org/Bookshelves/Communication/Interpersonal_Communication/Interpersonal_Communication%3A_Context_and_Connection_(ASCCC_OERI))

Interpersonal Communication - A Mindful Approach to Relationships. Wrench, Jason, Punyanunt-Carter, Narissra, and Thweatt, Katherine. OpenSUNY. Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License.

[https://socialsci.libretexts.org/Bookshelves/Communication/Interpersonal\\_Communication/Interpersonal\\_Communication\\_-\\_A\\_Mindful\\_Approach\\_to\\_Relationships\\_\(Wrench\\_et\\_al.\)](https://socialsci.libretexts.org/Bookshelves/Communication/Interpersonal_Communication/Interpersonal_Communication_-_A_Mindful_Approach_to_Relationships_(Wrench_et_al.))