

PSYCH 52 Course Outline as of Fall 2011**CATALOG INFORMATION**

Dept and Nbr: PSYCH 52 Title: INTERPRSNL COMMUNICATION
 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 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 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: CSU;

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: |
| CSU Transfer: | Transferable | Effective: Fall 1981 | Inactive: Fall 2024 |

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|---------------------|------------|-----------|
| UC Transfer: | Effective: | Inactive: |
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CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Outcomes and Objectives:

Upon completion of this course, students will 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 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:

1. Introduction to Interpersonal Relations
 - a. Characteristics of Personal Relationships
 - b. Principles of Interpersonal Communication
 - c. Interpersonal Communication Myths
 - d. Patterns and Variations of Communication
2. Interpersonal Communication and Perception
 - a. Understanding Interpersonal Perception
 - b. How We Form Impressions of Others
 - c. Barriers to Accurate Interpersonal Perception
 - d. How to Improve Interpersonal Perception Skills
3. 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
4. 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
5. Emotion and Communication
 - a. The Importance of Understanding Emotions and Communication
 - b. Emotions and Physiology
 - c. Types of Emotions
 - d. Managing Our Emotions
6. 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
7. 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
8. 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
9. Conflict Management Skills
 - a. Conflict Defined: Myths, Types, and Styles
 - b. Conflict and Power
 - c. Managing Anger
 - d. Setting Boundaries with Assertive Communication
10. 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
11. 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 recapitulate assigned material in the textbook and supplements.
2. Term, interview, or research paper.
3. Journal writing, portfolio, or projects may be used for the purpose of learning research skills, enhancing course knowledge, and improving writing skills.

4. Oral presentations and/or group projects may be assigned.
5. Midterm and final exams.

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.

Textbook related homework, term, interview, portfolio, 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 and Human Relationships. Knapp, Mark L. and Vangelisti, Anita L. Pearson, Allyn and Bacon: 2009.

Interpersonal Communication: Competence and Contexts. Lane, Shelley D. Pearson, Allyn and Bacon: 2010.

Interpersonal Communication: Relating to Others. Beebe, Steven A., Beebe, Susan J., and Redmond, Mark V. Pearson: 2011.