



**DEPARTMENT OF HUMAN SERVICES**  
**COURSE OUTLINE – WINTER 2021**  
**CD 2080 – A3: INTERPERSONAL COMMUNICATIONS II**  
**2(4.5-0-0) 30 hours for 7 weeks**

**INSTRUCTOR:** Tanya Ray                      **PHONE:** 780-539-2786  
**OFFICE:** H209/REMOTE                      **E-MAIL:** tray@gprc.ab.ca

**OFFICE HOURS:** Please call or email to schedule an appointment. A Zoom meeting can be set up as well.

**DATE/TIMES:** Monday and Wednesday 8:30 – 9:50 a.m. (Jan 5 – Feb 12)

**LOCATION:** ZOOM

**PREREQUISITE(S)/COREQUISITE:** Successful completion of first year or consent of the Department

**REQUIRED TEXT/RESOURCE MATERIALS:**

Adler, R.B., Rolls, J.A. & Proctor II, R.F. (2021) LOOK: Looking Out Looking In. (4<sup>th</sup> Canadian Ed.). Scarborough, Ontario: Nelson

Links to articles will also be presented during class or placed on myClass.

**CALENDAR DESCRIPTION:** This course further explores the interrelationship between self-concept, self-awareness and communicative processes. Strategies for dealing with stress are examined.

**CREDIT/CONTACT HOURS:**

2 credits (30 hours)

## **DELIVERY MODE(S):**

Remote Delivery. This course is delivered remotely. There are no face-to-face or onsite requirements. Students must have a computer with a webcam and reliable internet connection. Technological support is available through [helpdesk@gprc.ab.ca](mailto:helpdesk@gprc.ab.ca)

Note: GPRC reserves the right to change the course delivery.

## **COURSE OBJECTIVES:**

- This course will provide students with:
- Further exploration of the interrelationship between self-concept, self-awareness and communicative processes in HS 1000.
- Strategies for dealing with stress are also examined.

## **LEARNING OUTCOMES:**

Upon completion of the course learners will demonstrate:

1. Increased insight into the relationship of self-awareness and communicative processes.
2. An understanding of the importance of self-concept and interpersonal relationships.
3. Knowledge of the relationship of appropriate self-disclosure to effective relationships and examine appropriate situations in which to self-disclose.
4. An understanding of stress and its positive and negative influences on job performance and personal well-being.
5. Awareness of strategies to manage stress.
6. Knowledge of and ability to implement strategies for identifying and resolving conflict in the workplace.
7. An understanding of various group process theories.
8. Practical competency skills in being effective in working with groups.

## **COURSE EVALUATION:**

- In class exercises / participation - 10%
- Three Assignment(s) - 20% each (60%)
- Test - 30%

**(Assignment guidelines will be available on myClass)**

**\*Class participation is based on the student's contribution to the class, including attendance, involvement in discussions, posing and responding to questions, and general enthusiasm.**

## **HUMAN SERVICES EXPECTATIONS FOR STUDENT LEARNING**

It is the right of the student and of the instructor to a favorable learning/teaching environment. It is the responsibility of the student and the instructor to engage in appropriate adult behaviors that positively support learning. This includes treating others with dignity and respect and following the expectations outlined below.

### **CLASSROOM**

**Regular, PUNCTUAL attendance.**

- Learning from other students' notes or from MyClass is not optimal.
- If you are late to class, you miss important information about assignments, homework and quizzes. It is also disruptive to other students' learning.
- If you miss a class, refer to MyClass or check in with another student.

### **QUIZZES/EXAMS**

**Write in-class quizzes/exams on the date and time they are scheduled through Zoom and myClass**

- If an emergency arises that causes you to be unable to write the quiz, please call or email your instructor to leave a message BEFORE the exam begins.

### **ASSIGNMENTS**

**Hand in assignments via MyClass on the date indicated, by 12 midnight unless otherwise specified.**

- Instructors reserve the right to make exceptions to this rule in extenuating circumstances on a case by case basis.
- ALL assignments will be typed, double-spaced (or follow the provided template) and will include a cover page with your name, course number and assignment name.

### **OUTSIDE OF CLASS**

- Complete assigned readings and assignments, participate in group projects, check MyClass.

**GRADING CRITERIA:** A minimum grade of C- is required to pass this course.

Grande Prairie Regional College uses the ALPHA grading system as described in the table below:

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		F	0.0	0-59
B	3.0	73-76				
B-	2.7	70-72				

**STUDENT RESPONSIBILITIES:** The College expects students' conduct to be in accordance with basic rights and responsibilities. Please refer to the GPRC College calendar regarding rights and responsibilities.

**STATEMENT ON PLAGIARISM AND CHEATING:**

Refer to the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or <http://www.gprc.ab.ca/about/administration/policies/>

These are serious issues and will be dealt with severely.

## COURSE SCHEDULE/TENTATIVE TIMELINE:

<b>DATE</b>	<b>TOPIC</b>	
January 6	Introduction Review of Interpersonal Skills and Perception	Chapter 3  Start Chapter 8?
January 11	Self-esteem, Self-concept & Self Disclosure	Chapter 8
January 13	Self-esteem, Self-concept & Self Disclosure  Communication Climates	Chapter 8  Chapter 9
January 18	Communication Climates	Chapter 9 <b>Due: Self-Disclosure &amp; the Johari Window (20%)</b>
January 20	Conflict Management	Chapter 10
January 25	Conflict Management	Chapter 10  <b>Due: Assertive Message Assignment (20%)</b>
January 27	Group Dynamics Working in Groups	Readings, handouts, websites
February 1	Working in Groups	Readings, handouts, websites  <b>Due: Conflict Style Assignment (20%)</b>
February 3	Identifying Stress	Readings, handouts, websites
February 8	Stress Management	Readings, handouts, websites
February 10	<b>Test</b>	<b>Test</b>