

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

CMST 10 - Interpersonal Communication

3 Unit(s)

Prerequisite(s): NONE

Recommended Prep: Reading Level IV; English Level IV

Transfer Status: CSU/UC

51 hours Lecture

This course is the study of theory and research findings and their application to communication in interpersonal relationships in personal and professional contexts. It examines effective and appropriate uses of verbal and non-verbal messages in the initiation, development, maintenance, and termination of interpersonal relationships. (C-ID COMM 130).

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Apply specific behavioral techniques for improved communication.
- B. Demonstrate an increased understanding of the basic principles involved in interpersonal communication, including cultural and social awareness.
- C. Recognize verbal and non-verbal elements of interpersonal communication.
- D. Demonstrate an understanding of ethical interpersonal communication founded on communication theory and research.
- E. Analyze self and others' communication competencies in interpersonal relationships.
- F. Demonstrate appropriate conflict resolution in interpersonal relationships.
- G. Analyze the connection between identity and communication.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction to Communication	2.00
2. Importance of Interpersonal Communication	3.00
3. Culture and Gender	6.00
4. Communication and the Self	3.00
5. Interpersonal Perception	3.00
6. Language	4.00
7. Nonverbal Communication	6.00
8. Listening	3.00
9. Emotion	3.00
10. Interpersonal Communication in Friendships and Professional Relationships	3.00
11. Interpersonal Communication in Romantic and Family Relationships	6.00
12. Interpersonal Conflict	6.00
13. Deceptive Communication	3.00
Total Hours	51.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Collaborative Group Work
- C. Class Activities
- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Discussion
- F. Demonstrations
- G. Reading Assignments
- H. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Exams/Tests
- B. Quizzes
- C. Research Projects
- D. Oral Presentation
- E. Projects
- F. Demonstration
- G. Homework
- H. Class participation
- I. Written Assignments

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read the textbook chapter on "Understanding the Self" and come to class prepared to discuss three key ideas that you found meaningful.
 - 2. Using the Butte College online databases, locate and read an article by Daniel Goleman on Emotional Intelligence. Come prepared to discuss the article and how it relates to interpersonal relationships.
- B. Writing Assignments
 - 1. Prepare a 5-7 page paper focused on your own communication competency that addresses issues and improvements with one relationship as observed over the course of about 3-4 weeks. This paper should include your reasons for the behaviors of focus, the methods for improvement, the observations and the outcomes. This should be supported with at least one peer-reviewed journal article and further supported with your use of textbook key terms, ideas, and concepts from at least 5 chapters. Cite and reference all work using current APA guidelines.
 - 2. Prepare a 2-3 page essay that compares and contrasts how you manage your identity in face-to-face interactions with how you manage your identity presented during mediated interactions. Using current APA guidelines, cite and reference key terms and ideas from the textbook.
- C. Out-of-Class Assignments
 - 1. Assess your online image by typing your name in quotation marks into google.com and explore the first dozen websites that the search finds relevant to you. Complete the 10 question survey and come to class prepared to discuss your findings and actions.
 - 2. For 3-4 days, you will intentionally change the channels of communication you regularly use. For example, rather than communicating with a friend via your "normal" method of texting, you might call that person instead. Or, you might hand write a thank you card instead of emailing, or make a personal appearance versus showing up on Facebook. Use your columned page completed earlier as a guide. Keep detailed notes about what

happens. You will share in class and use this information in the "channels" paper.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

A. Floyd. K. Interpersonal Communication. 2nd Edition. McGraw Hill, 2011.

Materials Other Than Textbooks:

A. Various electronic resources

Created/Revised by: Stacey Bartlett

Date: 04/02/2012