

Las Positas College
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Course Outline for PSCN 11

INTERPERSONAL RELATIONSHIPS

Effective: Fall 2004

I. CATALOG DESCRIPTION:

PSCN 11 — INTERPERSONAL RELATIONSHIPS — 2.00 units

Exploration of behavior in interactions with others. Improving interpersonal relationships to benefit academic, career, and personal development 2 hours lecture

2.00 Units Lecture

Grading Methods:

Pass/No Pass

Discipline:

	MIN
Lecture Hours:	36.00
Total Hours:	36.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 2

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

1. demonstrate increased awareness of the nature of feelings and the ways feelings are characteristically communicated to others
2. display self-acceptance
3. demonstrate increased awareness of the reactions produced in others through idiosyncratic behavior
4. demonstrate increased awareness, understanding, and respect for the feelings of others, as well as for individual differences
5. display increased ability to listen to others and to hear more accurately what is being communicated
6. demonstrate understanding of group processes

V. CONTENT:

- A. Introduction to group and human interaction processes
- B. Communication skills in interpersonal communication, including, but not limited to:
 1. Self-disclosure
 2. Active listening
 3. Empathetic response
 4. Unconditional positive regard
 5. Cultural and gender interpersonal communication
- C. Counseling theory as related to the interpersonal communication process, such as, but not limited to theories of:
 1. Rogers, Carl
 2. Adler, Alfred
 3. May, Rollo
 4. Perls, Fritz

VI. METHODS OF INSTRUCTION:

- A. **Discussion** - Group discussion
- B. **Demonstration** -
- C. Selected readings
- D. Modeling
- E. Role-playing and simulation exercises

VII. TYPICAL ASSIGNMENTS:

- A. Self-assessment paper
- B. Intragroup feedback
- C. Suggested readings from textbook listing
- D. Example of assignments:
 1. Write an autobiography
 2. Construct a family structure genogram project
 3. Keep a relationship journal during the course
 4. Write a final paper describing improvement in an important relationship utilizing course concepts
 5. Structure role-playing
 6. Group evaluated theory and skills development exercises

VIII. EVALUATION:

- A. **Methods**

1. Exams/Tests
2. Class Participation
3. Final Performance
4. Other:
 - a. Observation of participation
 - b. Ongoing feedback from instructor and group members
 - c. Self-assessment
 - d. Culminating experience/final exam
 - e. Typical exam assignments
 1. How would you use the interpersonal skills learned in PSCN 11 as applied to an interpersonal issue such as a) a friend or colleague who is suffering a deteriorating health condition b) a family member who is losing their job or forced to take work out of the area c) a colleague who is having difficulty with adjusting to new living situation.
 2. Using specific theories and skills learned in this class write a short essay indicating how you would interact effectively with a fellow student, colleague, or family member who has recently suffered a loss or death of a loved one.

B. Frequency

IX. TYPICAL TEXTS:

1. Albom, Mitch *Tuesdays with Morrie.*, Doubleday Publishing, 1997.
2. Auw, Andre *Gentle Road to Survival: Making Self-Healing Choices in Difficulty Circumstances.*, Aslan Publishing, 1991.
3. Auw, Andre *The Gift of Wounding, Finding Hope and Heart in Challenging Circumstances.*, Aslan Publishing, 1999.
4. Gray, John *Men Are From Mars, Women Are From Venus.*, Harper Collins Publishers, Inc., 1992.
5. Redfield, James *Celestine Prophecy.*, Warner Books, Inc., 1991.

X. OTHER MATERIALS REQUIRED OF STUDENTS: