

Las Positas College
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Course Outline for CMST 10
INTERPERSONAL COMMUNICATION
Effective: Fall 2019

I. CATALOG DESCRIPTION:

CMST 10 — INTERPERSONAL COMMUNICATION — 3.00 units

Exploration, discussion, and evaluation of the principles of the verbal and non-verbal communication process in relationships. Study of theory and research findings and their application to communication in interpersonal relationships in personal and professional contexts.

3.00 Units Lecture

Strongly Recommended

ENG 1A - Critical Reading and Composition
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Communication Studies

	MIN
Lecture Hours:	54.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. ENG1A

1. Critically read texts and materials from a variety of academic and cultural contexts, demonstrating in writing and discussion the ability to:
 - a. Analyze main ideas;
 - b. Relate ideas and information in the text to his/her own experience as well as other texts;
 - c. Create a coherent position or argument based on reading;
2. Write multiple-paragraph papers that:
 - a. Accurately and appropriately respond to a given assignment;
 - b. Use standard American English correctly;

IV. MEASURABLE OBJECTIVES:

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

- A. Identify the essential elements of the interpersonal communication event;
- B. Describe, define, discuss and explain the basic communication process;
- C. Describe ways that communication creates, develops, and changes personal identities including variables such as culture, gender, ethnicity, and race; explain the effect of communication on personal identities;
- D. Describe the effects of communication on interpersonal relationships and social and cultural realities;
- E. Analyze and discuss breakdowns of the interpersonal communication event;
- F. Demonstrate ethical interpersonal communication founded on communication theory and research including critical listening and other individual skills and competencies for successful interpersonal communication;
- G. Diagnose conflict in interpersonal relationships and demonstrate appropriate conflict management strategies.

V. CONTENT:

- A. Theories and principles of interpersonal communication
- B. Verbal and nonverbal communication
 1. Description and explanation of verbal communication
 - a. The verbal level: words and meanings
 - b. The interpersonal level: language and relationships
 - c. The societal level: language and communication systems
 2. Description and explanation of non-verbal communication
 - a. Characteristics of non-verbal communication
 - b. Differences between verbal and non-verbal communication

- c. Types of non-verbal communication
 - 1. Eye contact
 - 2. Gestures
 - 3. Face and eyes
 - 4. Body orientation
- C. Interpersonal communication in various contexts
 - 1. Personal
 - 2. Professional
- D. Ethical interpersonal communication
 - 1. Honesty
 - 2. Ramifications of dishonest communication
- E. Description and explanation of the self concept
 - 1. How the self concept develops
 - 2. Characteristics of the self concept
 - 3. Impression management in communication
 - a. The perceived self
 - b. The presenting self
 - c. The desired self
- F. Description and explanation of the perception process
 - 1. Effects on perception
 - 2. Effects on personal identities
 - 3. The accuracy and inaccuracy of perception
 - 4. Perception checking to prevent misunderstandings
- G. Description and explanation of the act and impact of listening in communication
 - 1. Non-listening behaviors and reasons for non-listening
 - 2. Ways to improve listening skills
- H. Description and explanation of small group dynamics in communication
 - 1. Roles, action and behaviors of small group participants
 - 2. Group think
- I. Conflict management in interpersonal communication
 - 1. The nature of conflict
 - 2. Personal conflict styles
 - 3. Conflict in relational systems
 - 4. Variables in conflict style
 - 5. Methods of conflict resolution
 - 6. Win-win conflict resolution
- J. Description and explanation of relational development
 - 1. Interpersonal attraction
 - 2. Developmental stages in intimate relationships
 - 3. Self-disclosure in relationships
 - 4. Alternatives to self-disclosure
- K. Description and explanation of the role of emotions in interpersonal communication
 - 1. What emotions are
 - 2. Types of emotions
 - 3. Influences on emotional expression
 - 4. Guidelines for expressing emotions
 - 5. Managing difficult emotions

VI. METHODS OF INSTRUCTION:

- A. **Student Presentations** -
- B. **Discussion** -
- C. **Lecture** -
- D. **Guest Lecturers** -
- E. Readings
- F. **Classroom Activity** -
- G. Communication activities
- H. Journal keeping
- I. **Projects** - Individual and small group projects
- J. **Simulations** - Role-playing situations
- K. Written assignments

VII. TYPICAL ASSIGNMENTS:

- A. Group assignment:
 - 1. Working with a group of your classmates, develop your own model of interpersonal communication. Include all of the components that are necessary to describe how communication between people works. Share your model with the class, describing the decisions your group made in developing it. Illustrate your model with a conversation between two people, pointing out how elements of the conversation relate to the model.
- B. Homework:
 - 1. Go through your personal music library and identify a selection that best symbolizes you. Your selection may be based upon either the lyrics or the music. Bring your selection to class and play it for your classmates. Tell why this music symbolizes you (presenting, perceived, or desired self). Discuss with classmates how today's music provides a glimpse of our culture and a vehicle for self-expression.
- C. Journal:
 - 1. Monitor and then jot down notes about your own self-talk during a conversation with another person. What competing thoughts and ideas occurred to you while you were conversing with your partner? What did you do to refocus on the message?
- D. Journal:
 - 1. Record fifteen minutes of a TV drama or situation comedy. View the program with the sound turned off. Using the four principles of interpreting non-verbal messages, describe the meaning of the non-verbal messages you watch. After you have made written observations in your journal, view the program with full sound and determine how accurate your interpretations were.
- E. Paper:
 - 1. Consider a recent conflict you have had with someone. Determine whether it was a pseudo, simple, or ego conflict. Describe the strategies you used to manage the conflict. Discuss the other strategies you could have used to help manage the disagreement.
 - 2. How do the strategies for escalating and maintaining a relationship relate to the indirect and direct strategies used for terminating a relationship? What research supports your ideas?

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
one midterm and one final exam
- B. Papers
one completed journal
- C. Oral Presentation
minimum of two
- D. Group Projects
minimum of one
- E. Class Participation
weekly class activities

IX. TYPICAL TEXTS:

1. (2015). *The Interpersonal Communication Book* (14th ed.). New York, NY: Pearson.
2. Adler, R., & Proctor, R.F. (2017). *Looking Out/Looking In* (15th ed.). Boston, MA: Cengage.
3. Beebe, S.A., Beebe, S.J., & Redmond, M.V. (2017). *Interpersonal Communication: Relating to Others* (8th ed.). Boston, MA: Pearson.

X. OTHER MATERIALS REQUIRED OF STUDENTS: