

COURSE SYLLABUS



COURSE TITLE: **PSYC-154: Interpersonal Skills**

CLASS SECTION: 004

TERM: 2022W

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Marty Donatelli

EMAIL: donatellim@camosun.bc.ca

PHONE: 250-370-3220

OFFICE: Paul 220

HOURS: Monday 1:00-2:00pm Tuesday & Thursday 10:00 – 11:00 am Or by appointment

CALENDAR DESCRIPTION

This course uses an experiential approach to develop self-awareness and increased understanding of others. Both communication theory and practical skills will be covered while working towards the goal of achieving successful and creative interpersonal relationships.

PREREQUISITE(S):

One of:

- C in English 12
- C in Camosun Alternative

CO-REQUISITE(S):

See Pre-requisites

EXCLUSION(S):

Not Applicable

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon completion of this course a student will be able to:

1. Identify key concepts describing interpersonal communication.
2. Describe basic principles and theories of communication.
3. Analyze personal life events using course vocabulary, concepts and theory.
4. Demonstrate active listening in sample interviews and observations.
5. Work collaboratively through the application of active listening skills and conflict resolution skills.
6. Describe, evaluate and demonstrate the components of empathy.
7. Differentiate between a person's (self or other) thoughts, feelings, and behaviours.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

1. Interplay by Adler, Rosenfeld, Proctor and Winder. 2020 5th. Canadian Edition (or 4th Cdn edition)
Or if you prefer you can get a Digital version:

https://www.campusbookstore.com/integration/AccessCodes/default.aspx?bookseller_id=290&Course=PSYC+154-003%2c+004%2c+005&frame=YES&t=permalink

2. Psyc 154 Coursepack section 004 (Available in print form in the bookstore or free on D2L page)

Webpage for the course is on Camosun.ca click on D2L at the top.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK	TOPIC	Required readings	Written Assignments
1	Introduction	Ch 1 but <u>not</u> 22-28, (4 th ed. <u>not</u> , 22-27)	
2	Beliefs	pp. 40-53 (4 th ed. pp 40-54)	Conversation (Jan. 20)
3	Perception	Ch 3	
4	Emotions	Ch 4	
5	Diversity	pp. 22-28(culture), 90-95(perception), 198-203(language), 216-217 (nonverbal), 250-252(intimacy), 321-323(conflict) (4 th ed. pp. 22-27, 95-101, 207-213, 226, 263-267, 340-343)	
6	Test #1 Feb 16 th		
7	Listening	Ch 5	
8	Listening		

WEEK	TOPIC	Required readings	Written Assignments
9	Verbal	Ch 6 & 61-78, Not 198-204 (4th ed. Ch6, & 61-79 NOT 207-213)	
10	Nonverbal	Ch 7	Communication skills Mar 24 th
11	Test #2 Mar 28 th		
12	Development and Change	Ch 8	
13	Positive aspects		
14	Challenges Conclusion	Ch 9 and 10	Personal growth Apr. 15 th
	Test #3	To be scheduled during the final exam period	

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Tests Students will complete three non-cumulative tests. They will be composed of multiple choice and short answer questions. The third test will be scheduled during the final exam period.	65% (25,20,20%)
In-class assignments In class requiring personal reflection or illustrating various theories and concepts will be assigned and completed throughout the course. In class activities can only be completed in class, therefor attendance is extremely important.	15%
Application Papers (3) Students will reflect on, analyze, and describe their own interpersonal experiences. This includes applying course content and skills to their lives. Late papers are penalized 5% per day. No papers will be accepted 1 week after their due date. Submit papers via D2L drop box unless otherwise specified. See last page for details	15%
Practice quizzes These appear on the D2L website and are completed on a weekly basis. Students are responsible for ensuring completion prior to the deadlines.	5%
TOTAL	100%

Grading system

Percentage	Grade	Percentage	Grade
90-100	A+	70-72	B-
85-89	A	65-69	C+
80-84	A-	60-64	C
77-79	B+	50-59	D
73-76	B	0-49	F

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information. <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

Lecture Attendance

Students are expected to attend all classes and be on time. If you miss a class, it is your responsibility to acquire all information given during that class, including notes, hand-outs, changed exam dates, announcements, etc.

Technology

Exams:

No electronic devices are allowed during exams. This includes but is not limited to; computers, electronic dictionaries, electronic translators, cell phones, tablets, and other personal electronic devices.

Class:

Student's use of laptops/tablets in class is restricted to note taking. Students using their laptops/tablets for other purposes will have their laptop privileges revoked.

All cell phones must be turned off during class.

Students may not use recording devices in the classroom without prior permission of the instructor. Should permission for recordings be granted, these recordings are for the student's personal use only, and distribution of recorded material is prohibited.

Exam Procedures

All exams must be written at the scheduled times with the exception of students requiring an accommodation by CAL (Centre for Accessible Learning). It is understood that emergency circumstances do occur (e.g. severe illness or family emergency); for such circumstances accommodation may be offered at the discretion of the instructor, provided the student: a) notifies the instructor in advance of the exam (not after), and b) provides documented evidence of the circumstance (e.g. medical certificate).

If an exam is missed with an excused absence, it is up to the instructor's discretion as to how the mark will be made up.

Be sure not to make travel plans for the end of semester until the final exam schedules are finalized and posted. Please ask any family members who might make travel plans on your behalf to consult you before booking tickets.

Studying

You should plan on a weekly minimum of 6 hours outside of scheduled class time for the completion of readings, assignments and for general studying.

Reviewing, filling out, and editing your lecture notes right after class is recommended.

Contact the instructor to clarify any confusing concepts.

Distributed studying has been proven to be far more effective than massed practice (cramming).

Testing yourself on the material (answering questions) is far superior to simply rereading notes/textbook.

Class PowerPoint presentations will be uploaded to the class website.

FAQ

If I get a grade on an assignment or test I don't like can I redo it? No

Can I do the in-class assignment on my own at home? No

Can I do extra work to improve my grade? No

Can I just have more marks/percentage points to bump up my grade? No

Will the instructor remind of us of due dates for upcoming assignments and tests throughout the semester?

No

Can I hand in work late without receiving a penalty? No. Late work is penalized 5% per day

Will you tell us what's on the test? No

If I complete an assignment and hand it in on time am I guaranteed to receive 100%? No

Can I use somebody else's words or ideas and claim they are mine? No, absolutely not. This is plagiarism and you will receive an F on the assignment, or an F in the course, or expulsion from the college, or all three.

Do I have to email/inform my instructor if I am going to miss a class? No, this is not required. But you may want to contact the instructor just to make sure there wasn't any important announcements about or changes to the course. Otherwise it is your responsibility to find out what happened in that class from another student or the instructor.

Do I have to share personal information about myself if I'm uncomfortable doing so? No

What is your expectation about sharing information in class? Students are encouraged to share information about themselves as relevant to the course. The expectation is that students will not share personal information learned about other people/students. As well, students must be aware that this is a public venue and confidentiality cannot be assured.

Will you be covering material in class that is not in the textbook? Yes

Can I use somebody else's words or ideas if I properly quote or cite the source? Yes

If I ask, will the instructor help me with the course requirements? Yes (but he won't do them for you)

Can I get feedback on written work from the instructor before I hand it in? Yes (general review. Submit at least 48 hrs before due date)

Can I get accommodation if I'm sick or experienced an emergency? Yes, if you have proper documentation.

If I choose to, can I withdraw from the course or switch to audit? Yes – prior to the change/audit date

If I am not clear on why I got the grade I did can I talk to the instructor? Yes, please do.

Can I talk to my instructor if I am unclear on what is expected for an assignment or course requirement? Yes

I missed last class. Did I miss anything important? Yes (It is your responsibility to ask a classmate to photocopy their notes)

Please come and see me during office hours if you need extra clarification and help.

No work will be accepted after 4:00 p.m. on Dec. 15th

SCHOOL OR DEPARTMENTAL INFORMATION

Important Dates

Last day to withdraw or switch to audit without receiving a failing grade is March 13th

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

If you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the

appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures"

(<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The

Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.

Written Assignments

Purpose: For the student to experience and reflect on the skills and ideas of the course.

Marks will be based on accuracy, completeness, and especially depth of reflection/analysis.

Length: 300- 400 words (please include a word count at the end) Double spaced. Include a title page.

Submission: drop box in the class's D2L page by 4pm of due date

Do not submit in .pages format. Word or rtf only.

Late: penalized 5% per day. No work will be accepted 1 week following the due date.

Feedback. If you'd like to get general feedback on your paper before final submission bring me a copy and I will go over it with you.

The questions below are to stimulate your analysis/reflection. Do not simply answer the questions. Write a coherent paper.

1. **Conversation recording** Due: Jan 20th

Record a conversation between you and a friend for at least 5 continuous minutes.

Get their permission prior to recording, explain that it is an assignment for this class.

At the beginning of the recording clearly state your name and that you are the student in this class.

Carry on a natural conversation with the other person about anything. Some example conversation topics are included in the student handbook.

Try to make the conversation about 50/50. IOW don't do all of the talking (or all of the listening).

Thank them for helping you complete this assignment.

Listen to the recording and analyze your conversation style.

Write a report about ...

1. Describe how you talk and listen. What you tend to do and say? Quote some notable examples from the recording. Discuss any surprising things you noticed when listening to yourself.

Do not focus too much on the topic of the conversation nor the other person's responses/style. This is an examination of your style.

2. Provide your overarching views on your speaking and listening style/skills.

Submit the audio file (MP3) and the paper into the D2L drop box.

2. **Communication skills** Due Mar 24th

Select only one of the following three

- Perception check. Use one perception check in a normal everyday conversation.

What did the other person say? What was your perception check? How did they respond to it? How well do you think it worked? What would you do differently? How did it feel? What else did you learn?

- Paraphrase. In a normal everyday conversation use two paraphrases.

What was the situation (person, topic of conversation)? What did you say (quote your paraphrases)? Discuss; how they reacted, and how well you think it worked. What would you do differently? How did it feel? What else did you learn?

- Request options. When listening to the problems/challenges of a family member/friend, instead of giving advice ask them to come up with options.

What was the situation (person, topic of conversation)? What did you say (quote your request options statements)? How well did it work? What would you do differently? How did it feel? What else did you learn?

3. **Personal growth;** How have you grown? Due April 15th

Think about the facts, ideas, values, or concepts have you learned in this course that are most important to you. Write about how they affected your thinking, your feelings, but most importantly how they have affected your interpersonal behaviours and relationships.

Questions to stimulate your thinking

What course skills are most important to you? Why? How far along are you in developing the skill(s)?

How have your feelings changed when it comes to communicating with other people?

How have they impacted your conversations and relationships?

In general, what overall impact has this course had on your interpersonal interactions?