

COURSE SYLLABUS



COURSE TITLE: PSYC-154: Interpersonal Skills

CLASS SECTION: B01

TERM: Winter 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): Blended: online and in person in Fisher 306

Wednesday 5:30pm to 6:50pm

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

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: Beverley Lenihan

EMAIL: lenihan@camosun.bc.ca

OFFICE: Ewing 248 Phone 250-370-3200 (also linked to cell phone)

HOURS: office hours 4:30pm to 5:20pm Wednesdays, in person and flexible virtual office in ZOOM by appointments.

As your course instructor, I endeavour to provide an inclusive learning environment. However, 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.

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

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

Required Materials

<p>E-Text</p> <p>MindTap</p> <p>Bookstore</p> <p>D2L student</p>  <p>Psyc Psyc Club Memory Help Sessio</p> <p>tutorials</p>	<p>Adler, R.B., Rolls, J.A., and Proctor II, R. (2024) LOOKING OUT, LOOKING IN. 5th. Canadian Edition. Nelson Education Ltd.</p> <p>COURSE KEY: MTPQ-JHZ3-R995</p> <p>Course Link URL: https://student.cengage.com/course-link/MTPQJHZ3R995</p> <p>Course link instructions see D2L course outline and information</p> <p>Purchase digital textbook with MindTap. Register with MindTap tools.</p> <p>The ordering ISBN/price is below for your bookstore order.</p> <p>Recommended: MindTap Instant Access with Electronic textbook Adler's LOOK: ISBN – 978-1-77474-77-1, Price \$99.95. This is required and the least expensive option.</p> <p>The same E-text/MindTap bundled with the printed text is \$135.70.</p> <p>https://www.camosuncollegebookstore.ca/buy_access_codes.asp</p> <p>ISBN: 9780177474771 E-book with MindTap</p> <p>https://elearningtutorialscamosun.opened.ca/</p>
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All courseD2L information and material is at the start of the semester, in D2L. Access and upfront chapter notes, pre-audio recordings, videos, assignments, and chapter quizzes provide opportunities for students to be self-paced, as long as all due dates are met. We meet in Fisher 306 on Mondays from 5:30pm to 6:50pm.

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 or DATE RANGE	ACTIVITY or TOPIC	Thursdays Chapter Reviews access start 8:30am ends 7:30pm
Jan 11	Course Overview/Introduction	Quiz Pretest
Jan 18	Interpersonal Communication Chapter 1	Quiz Two
Jan 25	Perception Chapter 3	Quiz Three Reflection Assignments 1 & 2
Feb 01	Emotions Chapter 4	Quiz Four Reflection Assignments 3 & 4
Feb 08	Language Chapter 5	Reflection Assignment 5
Feb 15	Non verbal Chapter 7	Quiz Five Reflection Assignment 6
Feb 29	Communication and Self Chapter 2	Quiz Six
Mar 07	Listening Chapter 8	Reflection Assignment 7
Mar 14	Listening Chapter 8	Quiz 7 Transcript Analysis Questions
Mar 21	Relational Dynamics Chapter 9	Quiz 8 Reflection Assignment 8
Mar 28	Improving Climate Chapter 10	Quiz 9 Reflection Assignment 9
Apr 04	Managing Conflict Chapter 11	Quiz 10 Reflection Assignment 10
TBA	Exam on all ten chapters	Multiple choice/Matching (83)

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
Transcript Analysis Questions (scheduled in quizzes)	10%
Ten Reflection Video Assignments	20%
Ten Quizzes (Best 9 of 10 scores 5% each)	45%
One Final Exam scheduled during Exam Week	25%
	TOTAL
	100%

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>

COURSE GUIDELINES & EXPECTATIONS

A. Attendance:

Students are responsible to meet all course requirements even when unable to attend Wednesday's class. **If not feeling well be sure to remain at home. All notes and material are posted in content in d2l.**

B. Transcript Analysis Questions in (d2L) there is a transcript of a dyad listener and speaker. The listener demonstrates skills, roadblocks, and students are to analysis these by completing a series of questions. These questions are set up as a quiz and students write in quizzes. **10% of course.**

C. Ten Reflections including ten videos in Mind Tap and ten reflection activities in D2L. Mind Tap: to register for this electronic student resource see hyperlink in required textbook and enter course key: **MTPQ-JHZ3-R995**

Students' view the video in Mind Tap and then complete a reflection activity on the same video in D2L. Video viewings and reflection activities are due prior to the writing of chapter quizzes. Videos are on the skills covered in textbook chapters 3-10. Each of the 10 reflections are worth 2% for **20% of course.**

D. Weekly Quizzes: There are weekly chapter quizzes that comprise 10 multiple choice and 10 true and false questions. The purpose is to ensure the student keeps up with the reading text material. The best scores on nine of ten quizzes **comprise 45% of course=5% each quiz.**

E. Accumulative summary/Exam:

There is an examination on chapters one through ten. This exam comprises 78 multiply choice questions, similar to questions on the weekly chapter quizzes and 52 matching questions for a total of 130 points =83 questions. This exam is worth 25% of course grade and it is set up 15 minutes ahead of schedule. **Login on D2L and ensure all devices are working and connected to WIFI. Due date of exam TBA**

SCHOOL OR DEPARTMENTAL INFORMATION

Camosun Psychology Club Information

During the fall and winter semesters, the Psych Club meets each Friday at 1:30pm. Please contact Dr. Michael Pollock if interested in attending - PollockM@camosun.bc.ca

Journal of Camosun Psychology Research

Discover how to publish research. <https://cc.arcabc.ca/islandora/object/cc%3Apsycjournal>

American Psychological Association

The hub of our discipline <https://www.apa.org>

Canadian Psychological Association

The Canadian hub of our discipline <https://cpa.ca/>

Co-operative Education & Career Services

Learn about how to access a co-op experience for your career. <https://camosun.ca/services/co-operative-education-and-career-services/contact-co-operative-education-and-career>

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

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.