



**School of Arts & Science
PSYCHOLOGY DEPARTMENT**

**PSYC 154 Sections 004
Interpersonal Relations
Fall 2007**

COURSE OUTLINE

1. Instructor Information

(a)	Instructor:	Marty Donatelli
(b)	Office Hours:	Before and after class. Other times arranged by appointment.
(c)	Location:	Fisher 106e
(d)	Phone:	370-3374
(e)	Email:	donatellim@camosun.bc.ca

COURSE OBJECTIVE

Effective communication with others comes from a deep understanding of our selves and an empathic understanding of others as well as knowing the skills and methods for dealing with interpersonal situations. In this course, the students will work at developing self-awareness, study the theory of interpersonal relationships, and practice specific skills in class and in their lives.

2. Intended Learning Outcomes

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

Personal Skills

1. Recognize and discuss own thoughts, feelings, actions and perceptions.
2. Develop self-concept in relation to others.
3. Recognize strengths and weaknesses in communication.

Interpersonal Skills

1. Recognize and apply guidelines for appropriate use of communication skills.
2. Attend to others verbally and non-verbally.
3. Give and receive feedback effectively.
4. Demonstrate effective listening skills at a beginner level.
5. Practice effective conflict resolution.
6. Establish and maintain confirming communication climates.

Cognitive Skills

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.

3. Required Materials

Texts	Adler, R.B., Towne, N., and Rolls, Judith, H. (2004) LOOKING OUT/LOOKING IN/ 2 nd . Canadian Edition
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Audio cassette tape

4. Course Content and Schedule

COURSE FORMAT:

The course will consist of discussions, readings, exercises, lectures, videos and activities/projects. Discussions, exercises, and other activities may take place on an individual basis, in dyads, small groups, or as a class. Many exercises and activities will be in class, and can only be completed in class. Therefore attendance is extremely important. Any projects or exercises that are to be handed into the instructor will have assigned due dates. Work handed in after the assigned date will be penalized 5% per day.

The course is divided into three units. For each unit you will complete various exercises and assignments, one or two written assignments and one exam.

EXAMS, ASSIGNMENTS AND PROJECTS:

Examinations: There will be 3 examinations in this course. They will be composed of short paragraph answer and multiple-choice questions. Each will be worth approx 22% of your final grade. There is no comprehensive final exam. Your last unit exam will be written during the final exam period. There are no make-up exams. If you miss an exam you will write it with your last unit exam during the final exam period. Students who miss a unit exam and choose to write it must sign their name on a form that will be distributed by the instructor during the final week(s) of the course.

Note: Students must not arrange to travel before the end of the final exam period.

English as a Second Language students.

Please note. This course has a large amount of reading, writing and terminology. Electronic dictionaries/translators are NOT allowed during exams

In class assignments: Approximately once or twice a week/class a short exercise will be completed in class. The purpose of which is to illustrate, or bring to life an important skill or concept.

Projects/Papers: All projects/papers must be typed (unless otherwise noted). There are computers in the Library for student use. You may have to take a short computer orientation course at the library in order to have access to the college computers.

Listening Tape:

You will conduct and record unrehearsed conversations with another person and analyze your responses with respect to the skills and ideas given in the course. More information on this assignment will be given in class.

A major portion of this assignment will be completed in class, therefore attendance is EXTREMELY important.

Personal Integrations:

The purpose of the personal integration is to make the course content REAL to the student. A personal integration is a written report where the student combines concepts from the course (text) with her/his own life. They will be evaluated on: appropriate use/understanding of concepts, incorporation of one's own life, amount and quality of thought/analysis put into the report. (They must have these three elements.) The skill/theory/concept from the course will be the center of your personal integration. You will describe personal events, relationships, issues that relate to the concept (How does this concept apply to my life?) Then a good portion of the paper will involve your analysis/ reflection. (What have I learned? What changes would I like to make to myself or my relationships, as a result of this concept? What would be the result of those changes? How do/did I feel? How do/did others feel? How would I add to or change this course concept/skill/theory and why? Etc.)

They will be about 600 words long. Each student will complete 2 personal integrations. A personal integration will cover a concept or concepts from the unit of the course in which it is assigned.

If you are in any way unclear of the nature/format these personal integrations should take, please contact the instructor. He will be happy to discuss/explain the project to you or read anything you have written.

Visual Project (bonus marks – max 5%)

Group Video: 4 class members will create an informative video explaining an interpersonal relations/communication topic.

Photo Essay: You will take at least 12 pictures of people/situations that best illustrate important concepts from the course. Print/attach 2 per page with a brief title and description. Your subjects must provide written consent

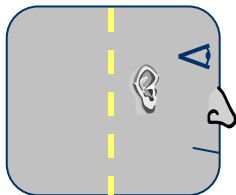
Illustration: You will draw people/situations that best illustrate important concepts from the course.

Comic/cartoon: You will draw comic strips and/or cartoons that illustrate important concepts from the course in a humorous way.

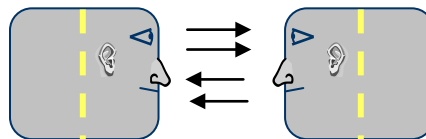
You must declare your intent to complete a visual project no later than the Unit 2 exam. Project is due 1 week after the unit 2 exam

Please do not put your name on these projects, just your student number.

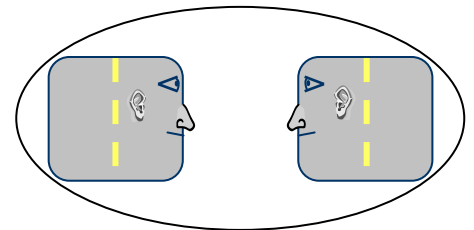
**UNIT 1
PERSON**



**UNIT 2
MESSAGES**



**UNIT 3
RELATIONSHIP**



<p>INTRODUCTION Course purpose human nature</p> <p>course goal & themes communication:</p> <p>definitions, nature & model</p> <p>BEHAVIOURS origins four categories of interpersonal responses making the skills work stages of skill development</p> <p>THOUGHTS Beliefs False beliefs Self - concept Perception process factors affecting tendencies/errors perception checking</p>	<p>VERBAL Nature Impact Problem Functional</p> <p>NONVERBAL Characteristics Functions Body Paralanguage Artifactual Time/space</p> <p>LISTENING Process Why we don't How we don't Effective listening</p> <p>CONVERSATION Model Types</p>	<p>FORMING/CHANGE Why relationships? Who do we want What do we get How do they unfold dialectic tensions (needs)</p> <p>DIVERSITY gender culture age personality roles</p> <p>TENSIONS/CHALLENGES climate criticism and defensiveness compliments conflict power</p> <p>SOLUTIONS Positive climate Preventing defensiveness</p>
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perspective taking EMOTIONS Components Attributes Influences Dealing with: intervention Dealing with: expression	Self disclosure Management	assertive communication conflict resolution CONCLUSION Skills Ideas
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REQUIRED READINGS

CH 1-4
215-230, 240-243,
not pages 103-105,142-146
105, 142-146, 26-28
385

CH 5-7 Plus 358-385
not 215-230, 240-243

CH 8-10 Plus
103-
not pages 358-

DUE DATES

EXAMS Unit 1 Oct 3rd Unit 2 Nov 7th Unit 3 Final exam period Dec 10-18	PAPERS Personal Integration #1 Oct 10th Listening Tape Nov 14th PI #2 Dec 5th
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5. Basis of Student Assessment (Weighting)

EVALUATION AND GRADES:

Unit Exams	3 @ 22% each	66%
Personal Integrations	2	10%
Listening Tape		12%
In class assignments/activities		12%
(Group project optional	up to an additional 5%)	
		100%

6. Grading System

(No changes are to be made to this section, unless the Approved Course Description has been forwarded through EDCO for approval.)

Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D	Minimum level of achievement for which	1

		credit is granted; a course with a "D" grade cannot be used as a prerequisite.	
0-49	F	Minimum level has not been achieved.	0

Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy E-1.5 at camosun.ca for information on conversion to final grades, and for additional information on student record and transcript notations.

<i>Temporary Grade</i>	<i>Description</i>
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that, due to design may require a further enrollment in the same course. No more than two IP grades will be assigned for the same course. <i>(For these courses a final grade will be assigned to either the 3rd course attempt or at the point of course completion.)</i>
CW	Compulsory Withdrawal: <i>A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.</i>

7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College calendar, at Student Services or the College web site at camosun.ca.

STUDENT CONDUCT POLICY

There is a Student Conduct Policy **which includes plagiarism**. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, at Student Services and on the College web site in the Policy Section.

