



**School of Arts & Science
PSYCHOLOGY DEPARTMENT**

**PSYC 154 Section 001
Interpersonal Relations
Fall 2009**

COURSE OUTLINE

Instructor Information

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| Instructor: | Marty Donatelli | | |
| Office Hours: | After class. Other times arranged by appointment. | | |
| Location: | Fisher 352 | | |
| Phone: | 370-3220 | | |
| Email: | donatellim@camosun.bc.ca | | |
| Website: | Camosun.bc.ca search 'Psychology' click on Faculty | | |

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.

Intended Learning Outcomes

Upon completion of this course the 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

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| Texts | Adler, R.B., Towne, N., and Rolls, Judith, H. (2008) LOOKING OUT/LOOKING IN/ 3rd. Canadian Edition |
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Audio cassette tape

EXAMS, ASSIGNMENTS AND PROJECTS:

Examinations: There will be 3 examinations in this course. They will be composed of short paragraph answer, fill in the blank, matching 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 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. Please speak with the instructor if you are having difficulties.

In class assignments: Approximately once or twice a week/class a short exercise will be completed in class. The purpose of these assignments is to illustrate, (bring to life) an important skill or concept from the course. Preparation before and debriefing afterwards is an essential part of these assignments and as such they can only be completed in class.

Projects/Papers: All projects/papers must be typed (unless otherwise noted). Please include a word count. 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. Any projects or exercises that are to be handed into the instructor will have assigned due dates. Work handed in after the assigned date/time will be penalized 5% per day. No work will be accepted 2 weeks (or more) following the due date.

Listening Tape:

You will conduct and record an unrehearsed conversation 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 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. Please include a word count at the end. Each student will complete 2 personal integrations. The first will address topic(s) from chapters 1-4, the second chapters 5-9.

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.

Please do not put your name on these projects, just your student number. This will ensure your anonymity.

Basis of Student Assessment (Weighting)

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|---------------------------------|----------------|------|
| Unit Exams | 3 (@ 22% each) | 66% |
| Personal Integrations | 2 (@5% each) | 10% |
| Communications skills project | | 12% |
| In class assignments/activities | | 12% |
| | | 100% |

Grading System

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

Technology Policy

No electronic devices are allowed during exams. This includes but is not limited to; computers, electronic dictionaries, electronic translators, cell phones, pdas, and other personal electronic devices. Students are advised against submitting assignments electronically as not all e-mail addresses are accepted by the college server and computer networks can sometimes be off line. Assignments not received by the deadline will still be subject to penalty marks even if they were submitted electronically prior to the deadline.

Student's use of lap tops in class is restricted to note taking.

All cell phones must be turned off during class. Exceptions for emergency purposes only must be discussed with the instructor ahead of time.

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

Websites:

Camosun College website: www.camosun.bc.ca

Psychology department home page

Faculty www.camosun.bc.ca/learn/programs/psyc/psyc-faculty.html

Click on 'Marty Donatelli' then on 'Psyc 154'

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

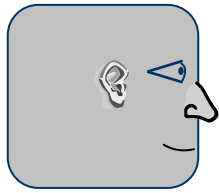
There is a Student Conduct Policy **which includes plagiarism**. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, at Student Services and on the College web site in the Policy Section.

Information contained in this course outline is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses. The timetable may also be revised.

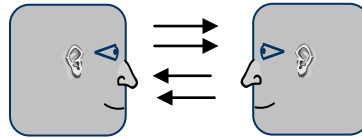
COURSE CONTENT AND SCHEDULE

The course will consist of discussions, readings, exercises, lectures 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. 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.

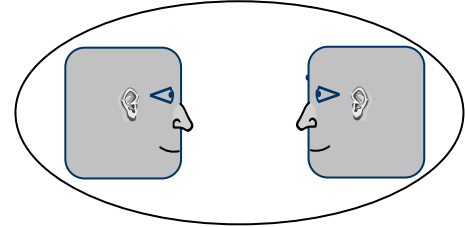
**UNIT 1
PERSON**



**UNIT 2
MESSAGES**



**UNIT 3
RELATIONSHIP**



| | | |
|---|--|--|
| <p>INTRODUCTION Course purpose human nature course goal & themes communication: definitions, nature & model</p> <p>BEHAVIOURS Origins Categories of interpersonal styles Making the skills work Stages of skill development</p> <p>THOUGHTS Beliefs & False beliefs Self - concept Perception process factors affecting tendencies/errors perception checking perspective taking</p> <p>EMOTIONS Components Attributes Influences Dealing with: intervention Dealing with: expression</p> | <p>VERBAL Nature of language Impact Problem language Functional language</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>AFFILIATION</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>CHALLENGES & SOLUTIONS Climate Criticism and defensiveness Respond nondefensively Clear assertive message Gibb categories Conflict Styles Outcomes Resolution</p> <p>CONCLUSION Important Ideas & Skills</p> |
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REQUIRED READINGS

CH 1-4
not pages 116-119, 157-159

CH 5-7 Plus 372-398
not 226-240, 263-267

CH 8-10 Plus 226-240, 263-267
116-119, 157-159, 31-33
not pages 372-398

DUE DATES

| | |
|--|---|
| <p>EXAMS Unit 1 Oct 19th Unit 2 Nov 16th Unit 3 Final exam period Dec 14-21</p> | <p>PAPERS Personal Integration #1 Oct 26th Communication skills tape Nov 30th P.I. #2 Dec 7th</p> |
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4, e, 4 1/2, e, 4 1/2 = 14

4, e, 3 1/2, e, 3 1/2 = 12

The last day to switch to audit or withdraw from the course without receiving an F grade is Nov 10th