

Course Outline

COURSE: PSYC 30 **DIVISION:** 10 **ALSO LISTED AS:**

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: PSYC INTER/PER CMUN

LONG TITLE: Psychology of Interpersonal Communication

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	2	36
		Lab:	0	0
		Other:	0	0
		Total:	2	36

COURSE DESCRIPTION:

This course introduces the student to theory, skills and psychological dynamics of communication used in interpersonal relationships. Course content covers a study of verbal and nonverbal communication, listening skills and barriers, conflict resolution, message clarification and the recognition of destructive communication patterns. **ADVISORY:** Eligible for English 250 and English 260.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

02 - Lecture and/or discussion

STUDENT LEARNING OUTCOMES:

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 04/25/2011

1 2 Introduction to the course; The importance of interpersonal communication; definition of

terms used; interpersonal motivation and communication.

2 2 The Process of Interpersonal Communication; The nature of language and semantic misunderstandings; Characteristics of interpersonal communication systems; Communication models.

KARPMA

3 2 The Role of Self in Communication; -Self-concept, its development and integration; The interaction of self-concept & self-esteem.

4 2 Patterns of Communication - Satir's communication styles; communication games we play; communication systems--open vs closed.

5 2 Active Listening Skills - tending--the art of active listening, listening for feelings, seven components of attending behavior; how to do active perception checking; how to receive feedback non-defensively.

6 2 Active Listening (cont)

7 2 Active Listening (cont)

8-9 4 Non-Verbal Communication: Influence Without Words--The importance of non-verbal communication; the elements of non-verbal communication; non-verbal attributes; environmental influences.

10 2 How I Come Across--Interpersonal Communication Styles, Determining your interpersonal style; the Johari Window concept.

11-12 4 The Expression of Feelings in Interpersonal Communication--The verbal expression of feelings effectively; self-disclosure through feelings; exercises expressing feelings.

13-14 4 Patterns of Trust--building and maintenance of trust; constructive confrontation, exercises in building trust; factors relating to defensiveness; open-mindedness vs. close-mindedness.

15 2 Self-Disclosure--Definitions of self-disclosure; self-acceptance; outcomes of self-disclosure.

16-17 4 Conflict and Communication--Conflict styles; types of interpersonal conflicts; conflict resolution in communication; principles of negotiation through interpersonal communication.

18 2 Wrap up

Each week the student will read the appropriate chapters and complete other assigned exercises commensurate with the 1:2, lecture:out-of-class assignment standard.

OBJECTIVES:

Weeks 1-4

1. The student will be able to define interpersonal communication source-receivers, encoding-decoding, messages, noise, feedback, context, field of experience, effects, transactional communication, and distinguish between intra and interpersonal communication.

Weeks 5-6

2. Define & explain the three major stages in the perceptual process: Explain the influence of the following variables on accuracy in interpersonal perception: age, sex, intelligence, cognitive, personality, effects of training.

Define the concept of self-fulfilling prophecy.

3. Explain the different ways in which you perceive and are perceived by others.

Weeks 7-10

4. List and explain five obstacles to effective listening.

5. Explain the seven steps to effective listening.

6. Explain the reasons why nonverbal behaviors in an interactive situation always communicate.

7. Define and explain double-bind messages.

Weeks 11-12

8. Explain the process of feelings as a part of communication.

9. Identify the common feeling states that get communicated in an interaction.

10. Be able to list and explain the feeling states identified as intense vs weak.

Weeks 13-15

11. Define trust.

12. Explain the relationship of trust to predictability, self-disclosure, credibility and anxiety.

13. Identify at least two possible dangers of trusting behavior.

14. Define self-disclosure.

15. Explain the factors influencing self-disclosure.

16. Explain at least three sources of resistance to self-disclosure.

Weeks 16-18

17. Explain at least three examples of conflict situations.

18. State at least three conditions under which conflict is likely to occur.

19. Explain some of the effects that conflict has on communication.

20. Explain at least four pseudo-conflict resolution methods.

21. Explain the four stages of conflict resolution.

22. Explain the nature of relational deterioration.

23. Explain how psychological, behavioral and contextual changes might account for relational deterioration.

24. Identify the characteristics that figure into rational deterioration management.

METHODS OF INSTRUCTION:

Lecture, films, interpersonal communication exercises, class handouts.

METHODS OF EVALUATION:

The keeping of a journal, midterm and final exam, class attendance and participation.

REPRESENTATIVE TEXTBOOKS:

Okun, ^uEffective Helping^s

Reading Level: Determined to be College Level by Hinn/Hansell

Other Materials Required to Be Purchased by the Student: None listed

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 199050

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PSYC

CSU Crosswalk Course Number: 30

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000197734

Sports/Physical Education Course: N

Taxonomy of Program: 200100

