**Course Outline: Communication**

**Course Title:** Interpersonal Communication

**Course Number:** COMM 218

**Course Pre-Req:** None

**Course Catalog** This course is designed to increase a students’ understanding and use of

**Description:** effective interpersonal communication behaviors in a variety of face-to-

 face settings. The goal is to better understand oneself, others, and the role

 of communication in achieving and maintaining satisfying relationships.

 Knowledge and skill building are used to foster improvement with special

 attention to verbal and nonverbal communication, self-concept, effective

 listening, emotions, intimacy, gender/cultural differences and relationship

 development. Students learn that stress and conflict management, offered as

 skills to learn assertive/supportive message-sending, are tools for improving

 relationships.

**General Course A.** Define the concepts involved in the human communication process and

**Outcomes:** identify the needs that human communication satisfies in different contexts.

 **B.** Define and identify self-concept, messages, verbal and nonverbal

 communication, listening and emotional expressions.

 **C.** Demonstrate understanding of the process of perception, and the role that

 Physical, cultural, and social experience plays in interpersonal perception.

 **D.** Be able to use paraphrasing, perception checking, self-disclosure, and

 appropriate questions.

 **E.**  Demonstrate an understanding of and appreciation for the differences

 and commonalities among us.

 **F.**  Describe skills and behaviors to cope with self-defeating self-talk,

 criticism from others, and ways to appropriately give and receive

 compliments.

 **G.** Demonstrate self-awareness of personal “strengths” and “weaknesses”

 in interpersonal communication skills.

 **H.**  Explore ways in which conflict impacts interpersonal communication/

 relationships, and how to use conflict management principles and

 assertive communication skills.

**Major Topics:** I. Introduction to Interpersonal Communication: Communication Theory,

 Models of Communication, Culture and Communication

 II. Communication and the Self: Self-concept, Perception, Emotions/Emotional

 Disclosure

 III. Interaction: Verbal Processes, Nonverbal Processes, Listening Behaviors

 IV. Dimensions of Interpersonal Relationships: Relational Dynamics, Relational

 Intimacy/Distance, Self-Disclosure

 V. Conflict in Interpersonal Contexts: Conflict Styles, Conflict Management

 Principles, Communication Tools for Conflict Resolution, Assertive

 Communication Skills