

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Communication C1004 – Interpersonal Communication

3 hours lecture, 3 units

Catalog Description

This course covers theory, research, and application of ethical one-to-one communication practices in various and diverse interpersonal relationships including in personal, professional, and social situations.

This course will help you gain the knowledge and skills needed to develop, maintain, and strengthen your relationships by learning about such topics as identity, emotional intelligence, perception, listening, nonverbal behaviors, conflict, and culture which you can apply in your personal, professional, and social relationships. Formerly COMM 120. Not open to students with credit in COMM 120.

Prerequisite

None

Course Content**Part 1:**

1. Foundational theories, models, and research in interpersonal communication.
2. Influences on identity development, and the impact of culture, race, ethnicity, gender, orientation, etc. on interpersonal communication.
3. The role of perception in interpersonal communication; including theories such as Attribution Theory and Uncertainty Reduction Theory.
4. Symbolic and linguistic attributes with respect to language in interpersonal communication.
5. The role of emotions in communicating effectively; may include physiological, cognitive, and neurological theories.
6. Nonverbal communication; may include principles and theories such as Expectancy Violation Theory.
7. Listening; processes, styles, types, challenges, and responses.
8. Interpersonal climate (social tone of relationships) such as confirming/disconfirming messages, self-disclosure, and relational trust.
9. Ethics in interpersonal communication; may include concepts such as navigating power, influence, bias, stereotyping, bullying, and the dark side of communication.
10. Interpersonal conflict theories; may include Face-Negotiation Theory and Accommodation Theory.
11. Development, maintenance, and dissolution of various types of relationships; may include Social Penetration Theory, Attachment Theory, and Knapp's Relational Model.

Part 2:

- 1) Reduction of communication apprehension such as social anxiety.
- 2) Interpersonal communication in various contexts, including personal and professional.
- 3) The benefits of interpersonal communication competence.
- 4) Ethical communication practices, including truthfulness, accuracy, honesty and reason.

Course Objectives

Students will be able to:

Part 1:

1. Evaluate and apply research methods and theories of interpersonal communication.
2. Analyze the ways that communication can create, develop and shape perceptions of personal and social identities including variables such as but not limited to culture, gender, ethnicity, race, age, and orientation.
3. Evaluate the influences of culture, gender, ethnicity, race, age, accessibility, and orientation on the development, maintenance, and dissolution of interpersonal relationships.
4. Critically assess and utilize ethical communication practices within interpersonal relationships as part of interpersonal communication competency.
5. Critically assess sources of conflict in interpersonal relationships and implement appropriate conflict management strategies.

Part 2:

- 1) Identify, explain and analyze the psychological, social, cultural and linguistic factors which affect interpersonal communication.
- 2) Demonstrate understanding of the influence listening skills have on the quality of interpersonal interaction and assess personal listening skills.
- 3) Describe and apply specific skills to the following areas of the human communication process: perception, empathy, listening, and conflict management.
- 4) Demonstrate sensitivity to diversity, equity, inclusion and accessibility.
- 5) Reduce communication apprehension and social anxiety.

Method of Evaluation

Part 1: Examples of potential methods of evaluation used to observe or measure students' achievement of course outcomes and objectives could include but are not limited to quizzes, exams, written assignments, journals, projects, research, oral presentations, etc. Methods of evaluation are at the discretion of local faculty.

Part 2:

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Written quizzes, exams and final exam (essay/objective)
- 2) Written assignments such as specific-topic papers, term projects, research papers, student presentations, journals and/or textbook outlines.
- 3) Faculty assessment of participation in class including interaction in pairs, small groups and class activities.

Special Materials Required of Student

None

Minimum Instructional Facilities

Smart classroom with video recording/playback equipment

Method of Instruction

- 1) Lecture and discussion
- 2) Collaborative learning
- 3) Multimedia instruction
- 4) Students practice utilizing basic processes of oral competency by preparing, delivering, and listening to speeches
- 5) Class activities including interaction in pairs, and small groups

Out-of-Class Assignments

- 1) **Reading:** lecture notes, course materials, textbook chapters such as “Listening to Help” and “Listening for Information,” articles, books, short stories, essays, manuals, content on websites, and more.
- 2) **Writing:** journals such as “Apply a class topic such as inaccurate decoding to a real life experience,” discussion posts and responses, reflections, assignment drafts, essays, outlines, summaries, speeches, presentations, content for projects, and more.
- 3) **Other:** None

Texts and References**Part 1:**

- Department of Communication Studies, Austin Community College. (2021). Communication to Connect: Interpersonal Communication for Today. OER: Department of Communication Studies, Austin Community College.
- Leonard, Victoria. (2019). Interpersonal Communication Textbook. OER: College of the Canyons.
- Adler, R., & Proctor II, R. (2022). Looking Out, Looking In. 16th ed.: Wadsworth Publishing.
- Wrench, Punyanunt-Carter, & Thweatt. (2023). Interpersonal Communication: A Mindful Approach to Relationships. OER: State University of New York

Part 2:

- 1) Required (representative example):
 - a. Adler, Ronald B., et al. *Interplay: The Process of Interpersonal Communication*. 15th ed., Oxford UP, 2023.
 - b. Beebe, S. A, et al. *Interpersonal communication: Relating to Others*. 9th ed., Pearson, 2020.
 - c. Bowman, Jonathan. *Interconnections: Interpersonal Communication Foundations and Contexts*. Cengage, 2019.
 - d. Floyd, Kory. *Interpersonal Communication*. 4th ed., McGraw Hill, 2020.
 - e. Guerrero, Laura K., et al. *Close Encounters: Communication in Relationships*. 6th ed., Sage Publications, 2020.
 - f. Hargie, Owen. *Skilled Interpersonal Communication: Research, Theory and Practice*. 7th ed., Routledge, 2021.
 - g. Wood, Julia T. *Interpersonal Communication: Everyday Encounters*. 9th ed., Cengage, 2020.
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Identify, explain and analyze cultural factors which affect the interpersonal communication of humans.
- 2) Identify and practice good listening skills.
- 3) Assess conflict in interpersonal relationships and apply appropriate conflict management skills.