

CMST A100: INTERPERSONAL COMMUNICATION

Item	Value
Curriculum Committee Approval Date	02/12/2025
Top Code	150600 - Speech Communication
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)
Associate Arts Local General Education (GE)	<ul style="list-style-type: none"> Area 1B Communication and Analytical Thinking (OA2) Area 7 Life Skills, Lifelong Learning, and Self-Development 7A Theory/ Non-activity (OE1)
Associate Science Local General Education (GE)	<ul style="list-style-type: none"> Area 1B Communication and Analytical Thinking (OAS2)
Intersegmental General Education Transfer Curriculum (IGETC)	<ul style="list-style-type: none"> IGETC 1C Oral Communications (1C)
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none"> CSU A1 Oral Communications (A1) CSU E1 Lifelong Understanding (E1)

Course Description

Teaches effective communication skills through the study of self-concept, listening, perception, language usage, persuasion, and nonverbal communication. Emphasis is on developing and applying good communications skills and overcoming the barriers to effective communication. Writing and speaking skills are emphasized and evaluated. Transfer Credit: CSU; UC. C-ID: COMM 130. **C-ID: COMM 130.**

Course Level Student Learning Outcome(s)

1. Identify and explain the importance of interpersonal relationships in influencing people's beliefs, attitudes, values, and behaviors.
2. Identify and explain how culture, gender, media and other factors influence our interpersonal communication skills.
3. Demonstrate an understanding of effective communication skills in a variety of contexts including conflict management.

Course Objectives

- 1. define and give examples of self-esteem and self-concept.
- 2. identify (with examples) and evaluate the influence of outside sources (e.g., media, family, friends, colleagues, etc.) on their self-concept.

- 3. recognize language barriers in interpersonal communication and adapt to the situations they create.
- 4. recognize and employ appropriate language in interpersonal communication.
- 5. evaluate and adapt their nonverbal cues in interpersonal settings.
- 6. evaluate and adapt to the nonverbal cues of others in interpersonal settings.
- 7. apply effective and positive communication techniques within interpersonal relationships.
- 8. employ effective and positive communication techniques to resolve conflict in interpersonal relationships.
- 9. analyze how age, gender, race, ethnicity and other forces affect the communication process.
- 10. evaluate the physical and nonphysical benefits of expressing emotion.
- 11. recognize and evaluate physiological, social, and cultural factors that affect perception.
- 12. demonstrate an understanding of ethical interpersonal communication founded on communication theory and research.

Lecture Content

Lecture/Course Content 10.00%The Role of Perception in Interpersonal Communication- Self-concept- Self-esteem- The role of the "generalized other" in self-concept- Confirming, rejecting, and disconfirming responses - Self-fulfilling prophecy 15.00%Language in Interpersonal Communication- Language acquisition- Language as social behavior - Language barriers 10.00%Complexities of Language and Perception in Interpersonal Communication- I.A. Richards 'Triangle of Meaning' - Semantic Barriers- "Gender-speak" and "Culture-speak" 10.00%Nonverbal Cues in Interpersonal Communication- Functions and characteristics- Types of nonverbal cues (e.g., kinesics, paralanguage, proxemics, etc.) - Masculine and feminine styles 5.00%Listening vs. Hearing in Interpersonal Communication- Differences between listening and hearing - Stages of listening- Types of listening- Nonlistening behaviors 10.00%Interpersonal Communication in the Development and Maintenance of Relationships- Types of relationships- Relational roles and functions- Interpersonal attraction- Relationship evolution- Relationship maintenance- Relationship repair: renegotiation or dissolution 10.00%Intimacy and Distance in Interpersonal Relationships- Self-disclosure and intimacy - Social penetration theory- Johari window 10.00%Resolving Conflict through Interpersonal Communication- Interpersonal control- Relational style: aggressive, assertive, non-assertive - Meaning of conflict- Sources of conflict- Resolution strategies 10.00% Creative Problem Solving through Interpersonal Communication - In the family setting- In the work setting- In the healthcare setting 10.00%The Role of Physiological Components in Interpersonal Communication- Age- Sex- Physiology of nervousness - Physiology of intimacy

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Lecture, synthesis of ideas and application of ideas; demonstration of various approaches to problem solving; discussion, collaborative learning, role playing; discussion boards, chat rooms

Reading Assignments

read about relevant subjects, including but not limited to: articles on the role of interpersonal communication in the workplace. journal articles on Social Penetration Theory. articles on the role of nonverbal cues in interpersonal communication.

Writing Assignments

keep a journal throughout the semester which chronicles their application of the principles learned in class in their everyday lives. write a paper analyzing the interpersonal communication strategies of two (2) characters in a play or movie of their choosing. write an analysis paper about themselves, incorporating theories and principles of self concept.

Out-of-class Assignments

Students will spend approximately 2-3 hours per week on out-of-class assignments, including: assertiveness project, journal for each chapter, film analysis, case study analysis, book analysis.

Demonstration of Critical Thinking

Objective or essay examinations; projects, writing assignments, class participation, problem-solving exercises, oral presentations, group presentations.

Required Writing, Problem Solving, Skills Demonstration

Projects that may include journaling, self-reflection, analysis of student's current behavior, application of theories, case studies Book reports, reviews of current research, chapter reviews, film analyses, journal projects

Eligible Disciplines

Communication studies (speech communication): Master's degree in speech, speech broadcasting, telecommunications, rhetoric, communication, communication studies, speech communication, or organizational communication OR bachelor's degree in any of the above AND master's degree in drama/ theater arts, mass communication, or English OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Adler, R., Rosenfeld, L., Proctor, R.. Interplay, 16th ed. NY: Oxford University Press, 2023 Rationale: . 2. Required Wood, Julia. Interpersonal Communication: Everyday Encounters, 9th ed. Boston: Cengage Learning, 2020 Rationale: . 3. Required Adler Proctor II. Looking Out, Looking In, 16th ed. Dubuque, IA: Cengage, 2022