

CMST A105: INTRAPERSONAL COMMUNICATION

Item	Value
Curriculum Committee Approval Date	12/02/2020
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
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

Course Description

Designed to teach students effective communication processes with and about oneself. Emphasis is on developing a greater self-awareness and self-esteem by studying cognitive science, whole brain learning, language and symbolic processing, perception, and nonverbal communication skills. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Distinguish different theoretical and cognitive-neural science approaches as they relate to intrapersonal communication.
2. Apply the use of language and visualization to help create positive change within oneself.
3. Discuss personal intelligences and their effect on intrapersonal communication.
4. Apply stress management and relaxation techniques.
5. Explain the brain's effect on personality and communication.

Course Objectives

- 1. Apply an awareness of intrapersonal communication strategies to professional and personal contexts.
- 2. Utilize current brain theories and strategies to increase learning and generate creative change.
- 3. Develop enhanced connected thinking and super learning abilities.
- 4. Develop a better self concept approach through intrapersonal communication strategies.
- 5. Utilize verbal strategies to achieve a better self concept and greater self confidence.
- 6. Apply enhanced knowledge of nonverbal communication to self and others.
- 7. Apply intrapersonal communication strategies to reduce stress.
- 8. Apply appropriate coping strategies to increase health.

Lecture Content

1. Self-Concept and Intrapersonal Communication
 - a. Defining self-image, self-awareness and self-esteem
 - b. Analyzing self-esteem development
 - c. Applying reflected appraisal issues

- d. Applying super learning strategies
2. Intrapersonal Communication Models
 - a. Understanding the brain as a bio.computer
 - b. Employing semantic realignment strategies
 - c. Employing cognitive restructuring
 - d. Practicing whole.brain thinking and connected thinking
 3. Intrapersonal Communication and Perception
 - a. Illustrating brain physiology research and perception
 - b. Defining split brain and triune brain
 - c. Comparing frontal lobe development to the effect of the media
 - d. Analyzing the effect of stress on the brain
 4. Self-Concept and Intrapersonal Strategies
 - a. Applying semantic realignment through positive self talk
 - b. Applying psycho.cybernetic and neuro.linguistic programming
 - c. Employing progressive relaxation, visual thinking, and guided imagery techniques
 - d. Utilizing breathing and meditation strategies
 5. Perception and listening as related to intrapersonal communication
 - a. Developing openness to inputs for positive change
 - b. Applying sound and vocalized repetition and redundant inputting
 - c. Applying strategies to neutralize cognitive dissonance and resistance
 - d. Evaluating nonverbal and body messages
 - e. Employing silence and meditation for connected thinking
 - f. Relating dreams and REM states to intrapersonal strategies
 6. Nonverbal Cues
 - a. Analyzing nonverbal cues in relationship to intrapersonal and interpersonal communication
 - b. Employing nonverbal cue analysis to physical and mental dysfunction and mood disruption
 - c. Applying multi.sensory development of synesthesia
 7. Future applications of Interpersonal Communication Strategies
 - a. Letting go of self-destructive mental patterns and fear
 - b. Relating risk taking to health
 - c. Developing intrapersonal acceptance, respect, confidence, and achievement

Method(s) of Instruction

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

Instructional Techniques

Lecture and application of ideas
Demonstration of various approaches to problem solving
Discussion
Individual, paired, and small group exercises
Video lectures
Guest speakers
Collaborative learning
Resources from various sources, including the Internet

Reading Assignments

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Writing Assignments

Written assignments will include reflections, analysis, evaluation, and application of theoretical information to practical personal/professional scenarios, case studies, and plans.

Out-of-class Assignments

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Demonstration of Critical Thinking

Written assignments, examination(s), participation evaluations, research papers, and special projects

Required Writing, Problem Solving, Skills Demonstration

Written assignments will include reflections, analysis, evaluation, and application of theoretical information to practical personal/professional scenarios, case studies, and plans.

Textbooks Resources

1. Required Communication Research Associates. Communicate!, 7th ed ed. Kendall Hunt Publishing, 2004 Rationale: . 2. Required Bullard, Barbara Carroll, Kat. Communicating From the Inside Out, ed. Kendall Hunt Publishing, 1993 Rationale: .