

**DEPARTMENT of EDUCATION  
COURSE OUTLINE – WINTER 2023**

**CD 2080 – A3: Interpersonal Communication II - 2(4.5-0-0) 30 hours for 7 weeks**

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

**INSTRUCTOR:** Tanya Ray  
**OFFICE:** H209

**PHONE:** 780-539-2786  
**E-MAIL:** tray@nwpolytech.ca

**OFFICE HOURS:** Monday 12:00 – 1:00, stop by my office or email

**DATE/TIMES:** Monday/Wednesday 1:00 – 3:20 p.m. (Jan 4 – Feb 17)

**LOCATION:** A213

**PREREQUISITE(S)/COREQUISITE:** HS 1000

**REQUIRED TEXT/RESOURCE MATERIALS:**

Adler, R.B., Rolls, J.A. & Proctor II, R.F. (2021) LOOK: Looking Out Looking In. (4<sup>th</sup> Canadian Ed.). Scarborough, Ontario: Nelson

Links to articles will also be presented during class or placed on myClass.

**CALENDAR DESCRIPTION:** This course further explores the interrelationship between self-concept, self-awareness and communicative processes. Strategies for dealing with stress are examined.

**DELIVERY MODE(S):**

Classes will be delivered face to face all materials available through myClass. There will be lecture, small group work, class discussions, and a variety of other activities designed to promote active learning of the course content.

**COURSE OBJECTIVES:**

This course will provide students with:

- Further exploration of the interrelationship between self-concept, self-awareness and communicative processes in HS 1000.
- Strategies for dealing with stress are also examined.

**LEARNING OUTCOMES:**

Upon completion of the course learners will demonstrate:

1. Increased insight into the relationship of self-awareness and communicative processes.
2. An understanding of the importance of self-concept and interpersonal relationships.
3. Knowledge of the relationship of appropriate self-disclosure to effective relationships and examine appropriate situations in which to self-disclose.
4. An understanding of stress and its positive and negative influences on job performance and personal well-being.
5. Awareness of strategies to manage stress.
6. Knowledge of and ability to implement strategies for identifying and resolving conflict in the workplace.
7. An understanding of various group process theories.
8. Practical competency skills in being effective in working with groups.

**TRANSFERABILITY:**

Early Learning and Child Care diploma graduates may be eligible for admission to a number of degree programs. Students interested in pursuing degree opportunities are advised to consult directly with the appropriate College or University as transfer agreements vary from one institution to another.

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page

<http://www.transferalberta.ca>

\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

**COURSE EVALUATION:**

- In class exercises / participation - 10%
- Three Assignment(s) - 20% each (60%)
- Test - 30%

(Assignment guidelines will be available on myClass)

**\*Class participation is based on the student’s contribution to the class, including attendance, involvement in discussions, posing and responding to questions, and general enthusiasm.**

**GRADING CRITERIA:** A minimum grade of C- is required to pass this course.

Northwestern Polytechnic uses the ALPHA grading system as described in the table below:

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

## COURSE SCHEDULE/TENTATIVE TIMELINE:

DATE	TOPIC	
January 4	Introduction Review of Interpersonal Skills and Perception	Chapter 3  Start Chapter 8?
January 9	Self-esteem, Self-concept & Self Disclosure	Chapter 8
January 11	Self-esteem, Self-concept & Self Disclosure	Chapter 8
January 16	Communication Climates	Chapter 9
January 18	Communication Climates	Chapter 9
January 23	Communication Climates	Chapter 9 <b>Due: Self-Disclosure &amp; the Johari Window (20%)</b>
January 25	Conflict Management	Chapter 10
January 30	Conflict Management	Chapter 10  <b>Due: Assertive Message Assignment (20%)</b>
February 1	Group Dynamics Working in Groups	Readings, handouts, websites
February 6	Working in Groups	Readings, handouts, websites  <b>Due: Conflict Style Assignment (20%)</b>
February 8	Identifying Stress	Readings, handouts, websites
February 13	Stress Management	Readings, handouts, websites
February 15	<b>Test</b>	<b>Test</b>

## STUDENT RESPONSIBILITIES:

NWP expects students' conduct to be in accordance with basic rights and responsibilities. Please refer to the NWP calendar regarding student rights and responsibilities.

**STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at

<https://www.nwpolytech.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.nwpolytech.ca/about/administration/policies/index.html>

\*\*Note: all Academic and Administrative policies are available on the same page.