

GRANDE PRAIRIE REGIONAL COLLEGE

HS1000 Human Relations: Self and Others

Winter 2005: MW 9:00 – 11:20

Classroom: H135

Instructor: Sally Jones

Office: E 401-6

Office Hours: By appointment

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Course Description: This course is designed to develop the student's awareness and skills in interpersonal communication. It emphasizes self-understanding and awareness as a foundation on which to build effective interpersonal skills. This course requires students to commit themselves to self-examination, to be open to a consideration of their own behavior, and to have an orientation toward personal growth and change.

Required Text: Wood, Julia, Ron Sept, and Jane Duncan. *Everyday Encounters: An Introduction to Interpersonal Communication*. Expanded First Canadian Ed. Scarborough, ON: ITP Nelson, 1998.

Class Format: Classes will involve a variety of activities designed to promote active learning of the course content, including lectures, group work, discussions, and individual assignments. **Students must come to class fully prepared, with assigned readings and exercises thoughtfully completed, in order to fully participate in and benefit from the activities in this course.**

Course Objectives: Upon completion of this course, students will

1. Define and discuss interpersonal communication and its components.
2. Discuss the characteristics and development of self-concept, demonstrate understanding of the impact of self-concept on communication and develop strategies for improving self concept.
3. Demonstrate understanding of the role of perception in communication, the influences on perceptions and develop effective communication strategies to minimize misunderstandings.
4. Recognize and discuss the role and implication of culture and gender on communication.

5. Effectively use self-evaluation to strengthen interpersonal communication effectiveness.
6. Demonstrate understanding of the ambivalence of word and language usage and develop skills for overcoming troublesome language.
7. Demonstrate knowledge and application of types/characteristics of non-verbal communication and develop strategies for improving nonverbal communication.
8. Demonstrate knowledge and application of effective (and ineffective) listening skills.
9. Recognize defensive behaviors and gain an understanding of how they create blocks to communication.

Student Evaluation:

Attendance/Participation	10%	(1% will be docked for every missed class)
Unit One Assignments	20%	
Learning Journal	10%	(Unit One Assessment)
Unit One Exam	10%	
Unit Two Assignments	20%	
Book Review	10%	
Learning Journal	10%	(Unit Two Assessment)
Unit Two Exam	10%	

Class Policy:

1. Assignments must be submitted at the beginning of the class on the date they are due. Late assignments will be penalized 5% per day (holidays and weekends included).
2. Department policy prohibits the use of cell phones during classes. Please ensure that phones are turned off before class begins.
3. Punctuality means not only arriving on time, but ensuring you do not disrupt the class if when you must be late. Save your questions about what you missed until after class.
4. **Students are responsible for obtaining missed notes and assignments from their classmates.**

