### Subject & Course No.

| CMNS 216 |

### Descriptive Title

**INTERPERSONAL SKILLS FOR THE WORKPLACE**

### Semester Credits

3

### Calendar Description:

Interpersonal communication impacts almost every aspect of working life, yet it is an often overlooked element of job preparation. This highly interactive course provides students with an understanding of the interpersonal skills required to develop effective relationships in the workplace. Core components of the course include verbal and non-verbal communication, conflict resolution, group dynamics and professional/ethical conduct. Course work may also include instruction in oral presentations, interviews and meetings.

### Primary Methods of Instructional Delivery and/or Learning Settings:

- **Lecture/Seminar**
  - Number of Contact Hours: (per week / semester for each descriptor)
    - 4
  - Number of Weeks per Semester: 14

### Course Prerequisites:

NONE

### Course Corequisites:

NONE

### Course for which this Course is a Prerequisite:

NONE

### Maximum Class Size:

20

### Non-Credit

- College Credit Non-Transfer

### College Credit Transfer:

- Requested
- Granted X

SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)
Course Objectives/Learning Outcomes

Communications 216 has been developed to meet the oral and interpersonal communications requirements of specific programs at Douglas College.

General:

By the end of the course, students will demonstrate increased abilities to use appropriate and effective interpersonal communication skills in a variety of workplace contexts.

Specific:

By the end of the course, students will have gained an appreciation of:
1. the stages of group development
2. functional roles of group members
3. strategies for building an effective group
4. the dynamics of human communication
5. differences between facilitative and non-facilitative communication.

By the end of the course, students will demonstrate increased abilities to:
1. describe common roles and structures in groups
2. identify characteristics of effective groups
3. describe how values, perception and language influence communication
4. demonstrate effective verbal and non verbal behaviors in a variety of group settings, including one to one, small and large groups, telephone exchanges and interviews
5. demonstrate strategies for preventing, managing and resolving conflict
6. apply appropriate communication strategies in specific situations
7. deliver feedback in ethical and facilitative ways
8. identify styles of leadership
9. identify styles of decision making
10. recognize cultural variation in interpersonal communication
11. conduct effective interviews
12. plan and chair meetings.
<table>
<thead>
<tr>
<th>Course Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Small Group Communication</td>
</tr>
<tr>
<td>a. Stages of Group Development</td>
</tr>
<tr>
<td>b. Functional Roles of Group Members</td>
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<tr>
<td>c. Characteristics of an Effective Group</td>
</tr>
<tr>
<td>II. Dynamics of Human Communication</td>
</tr>
<tr>
<td>a. Models and Definitions</td>
</tr>
<tr>
<td>b. Principles of Interpersonal Communication</td>
</tr>
<tr>
<td>c. Perception</td>
</tr>
<tr>
<td>d. Values</td>
</tr>
<tr>
<td>III. Non Verbal Communication</td>
</tr>
<tr>
<td>a. Nature of Non Verbal Communication</td>
</tr>
<tr>
<td>b. Value of Non Verbal Communication</td>
</tr>
<tr>
<td>c. Functions of Non Verbal Communication</td>
</tr>
<tr>
<td>d. Inter-relationships Between Verbal and Non Verbal Communication</td>
</tr>
</tbody>
</table>
IV. Verbal Communication
   a. Facilitative Communication Behaviors
      Initiating contact, establishing rapport, listening for information and feelings, recognizing surface messages, recognizing underlying messages, recognizing differences between content and relationship elements in messages, using questions appropriately, developing assertiveness skills
   b. Professional and Ethical Communication Behavior
      Formulating and delivering facilitative positive and negative feedback
   c. Non Facilitative Communication Behavior
      Advising, judging, blaming, minimizing, inappropriate use of questions
   d. Language
      Myths about language, language as a social power, using language effectively

V. Conflict Resolution
   a. Definitions of Conflict
   b. Approaches to Conflict
   c. Verbal and Non Verbal Skills in Conflict Situations
   d. Problem Solving Skills

VI. Cultural Differences in Interpersonal Communication
   a. High and Low Context Cultures
   b. Individualism and Collectivism
   c. The Impact of Ethnocentrism
   d. Intercultural Communication Competence

VII. Meeting Skills
   a. Preparing an Agenda
   b. Organizing a Meeting
   c. Managing a Meeting

VIII. Oral Presentations
   a. Preparation
   b. Speech Delivery
   c. Use of Audio/Visual Aids

IX. Telephone Communication
   a. Preparing for Contact
   b. Appropriate Telephone Conduct
   c. Closure and Followup

X. Interviews
   a. Research Interviews
   b. Employment Interviews
   c. Conducting Effective Interviews
   d. The Role of the Interviewee

O: Methods of Instruction

This course will emphasize learning through doing. Working individually or in small groups, students will be involved in the discussion, analysis and interpretation of interpersonal communication. They will practice the skills they are studying in simulated workplace settings and in role play situations. Role plays may be audio or video taped for the purposes of informed self-evaluation.
P: Textbooks and Materials to be Purchased by Students

Sample Reading List:


Q: Means of Assessment

Given the differences in programs for which Communications 216 may be adapted, evaluation components may vary significantly. The following are two current examples of how components and marks have been designed for the course:

**Communications for 216 for Print Futures**

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Description and Analysis of Group Behaviour</td>
<td>20%</td>
</tr>
<tr>
<td>Peer Interview and Analysis</td>
<td>15%</td>
</tr>
<tr>
<td>Description and Analysis of One to One Behaviour</td>
<td>25%</td>
</tr>
<tr>
<td>Skills Demonstration and Analysis</td>
<td>30%</td>
</tr>
<tr>
<td>Meeting Skills</td>
<td>10%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

**Communications 216 for Dispensing Opticians**

<table>
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<tr>
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<tbody>
<tr>
<td>Description and Analysis of Group Behaviour</td>
<td>20%</td>
</tr>
<tr>
<td>Description and Analysis of One to One Behaviour</td>
<td>20%</td>
</tr>
<tr>
<td>Oral Presentation</td>
<td>10%</td>
</tr>
<tr>
<td>Audio or Videotaped Skills Demonstrations</td>
<td>30%</td>
</tr>
<tr>
<td>Role Plays with Professional Actors</td>
<td>10%</td>
</tr>
<tr>
<td>Analytical Journal (analysis of communication</td>
<td>10%</td>
</tr>
<tr>
<td>strategies applied in the workplace)</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Not at this time.