

A. Division: Education and Student Services Date: July 8, 1988

B. Department: Student Services & Developmental Education New Course: ☐

Revision of Course Information Form: ☒

Dated: 82/02/19

C. HUD 152 Subject & Course No. D. The Dynamics of Interpersonal Relationships Descriptive Title E. 3 Semester Credits

F. Calendar Description:

This course will provide the student with an opportunity to explore and understand the dynamics of interpersonal relationships. Self-awareness will be encouraged by examining personal needs, values, and expectations. Interpersonal communication skills such as self-disclosure, active listening, and responding with understanding will be presented. Students will learn how to apply new skills in their personal relationship.

Summary of Revisions:
(Enter date and Section Revised)
e.g. 1982-08-25
Section C,E,F, and R.

Sections N & R
July 8, 1988

G. Type of Instruction:		H. Course Prerequisites: <u>Nil</u>
Hours Per Week / Per Semester Lecture _____ Hrs. Laboratory <u>1</u> Hrs. Seminar <u>3</u> Hrs. Clinical Experience _____ Hrs. Field Experience _____ Hrs. Practicum _____ Hrs. Shop _____ Hrs. Studio _____ Hrs. Student Directed Learning _____ Hrs. Other (Specify) _____ Hrs. Total <u>4</u> Hrs.	I. Course Corequisites: <u>Nil</u>	
		J. Courses for which this Course is a Pre-requisite: <u>HUD 252</u>
		K. Maximum Class Size: <u>25</u>
L. College Credit Transfer <input type="checkbox"/> College Credit Non-Transfer <input checked="" type="checkbox"/> Non-Credit <input type="checkbox"/>		M. Transfer Credit: Requested <input type="checkbox"/> Granted <input type="checkbox"/> (Specify Course Equivalents or Unassigned Credit as Appropriate) U.B.C. S.F.U. U. Vic. Other

Evelyn Robinson
Course Designer(s)

[Signature]
Director / Chairperson

[Signature]
Divisional Dean

P.H. Angus
Registrar

N. Textbooks and Materials to be Purchased by Students (Use Bibliographic Form):

1. Egan, Gerard, You and Me, The Skills of Communicating and Relating to Others, Cole, Monterey, California (1977)
2. Students may be required to purchase scoring certificates for personality and personal style inventories in the Douglas College Bookstore.

Complete Form with Entries Under the Following Headings: O. Course Objectives; P. Course Content;
Q. Method of Instruction; R. Course Evaluation

O. OBJECTIVES

The student will:

1. recognize basic interpersonal skills;
2. discriminate between facilitative and non-facilitative interpersonal communication responses;
3. demonstrate a variety of interpersonal communication skills,
4. recognize and use interpersonal skills in a one-to-one relationship;
5. identify personal values and needs that affect relationships;
6. identify the difference between affect and content within their behaviour patterns;
7. recognize factors that are involved in establishing, developing and maintaining relationships.

P. CONTENT

1. Respecting Self

- understanding one's frame of reference
- values clarification
- needs assessment
- self-concept in communication
- identifying interpersonal styles
- taking responsibility for one's behaviour
- constructive self-disclosure
- recognizing affect and content
- expressing feelings
- inventoring Life Skills

2. Respecting Others

- suspending your frame of reference
- attending and observing skills
- identifying feelings in others
- active listening
- non-verbal communication
- identifying present responding styles
- exploratory questioning
- responding to affect and content
- clarifying

CONTENT (CONTINUED)3. Establishing Relationships

- factors in developing relationships
- effective communicating
- defensive and supportive communication
- criteria for giving feedback
- appropriate use of skills

Q. METHOD

Classes will be experiential in nature using a combination of short lectures, demonstrations, structured activities, and group discussions. Students will participate in exercises designed to focus on specific aspects of communication skills. Video and audio equipment may be used in practice and for evaluation purposes.

R. EVALUATION

Due to experiential nature of the course, attendance is necessary to maximize the learning of students. The specific weighting of the following factors will be determined by the instructor.

1. Participation in in-class group activities/exercises.
2. Completion of a weekly journal or log in which students report his or her reactions to, and learning from, class materials -- details how classroom learning is applied to personal experiences.
3. Completion of assignments and exercises.
4. Three quizzes, covering class presentations and assigned readings.
5. One term paper.
6. One or more video or audio taped assignments.
(demonstrations and/or role plays in which student analyzes interpersonal skills taught in class.)