CMS 220...Interpersonal Communications  
Winter I Term  
(3 Credits)  

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Course Description:  
This course focuses upon the nature and influence of communicative behavior in close, personal relationships. Interpersonal communication structure and processes will be explored as they relate to the development and maintenance of identities, friendships, romantic, and family relationships.  

Course Objectives:  
Through thorough examination and discussion of theoretical study and practice of communication exercises, at the end of this course, each participant should:  
1. Establish effective interpersonal, intrapersonal, and group communication  
2. Know the techniques for improvement of communication skills  
3. Be able to assess his/her communication skills  
4. Become aware of barriers to effective communication  
5. Be aware of different perceptions and possibilities for interpretation of communication  
6. Learn and apply The 7 Decisions  

Text:  
Communicate! A Workbook for Interpersonal Communication.  
ISBN: 0-7575-1332-8  
Workbooks must be purchased new.  
Used workbooks will not be acceptable for this course.  
You must have your workbook with you for every class meeting!  

Course Activities:  
To meet the stated objectives, prior to class, students will complete the assigned activities from the text. Students will utilize class time to further discuss the assignments, interact and communicate with each other in large and small groups. The workbooks will be handed in for instructor review and feedback at the end of the course.  

IMPORTANT NOTE: New regulations under the Higher Education Act require us to verify the identity of a person doing work in a class if we receive assignments, etc. from that student electronically. We can comply with this regulation if our students submit things to teachers electronically from their Doane College e-mail address or through Blackboard, because the college issued that address, ID, and password. For that reason, I can only send assignments to your Doane e-mail address, and I can only accept assignments submitted to me from your Doane e-mail address.
Autumn Term, 2012
Monday - PM

**Class One:**

*Bring Yourself and Your Workbook*

*No assignment prior to first class!*

Introductions & Name Tags

Items to cover:

- *Attendance, participation, presentation and workbook = grade*
- Doane email – see **IMPORTANT NOTE ON PAGE ONE**
- Weather
- Workbook - discussion
- Plan A and Plan B answers
- Classroom Rules – NO CELL PHONES, communication rules, confidentiality
- Breaks will be given but always based on where we are at in the activities and discussion

**Watch movie** – You must see movie. We will discuss every week. If you miss the first class, you will need to make arrangements with me to see the movie at Doane before the second class.

**Class Two: (CH 1 & 2)**

Report to the group how you have applied one or all of the decisions from the movie. Give an example. How has this “decision” made a difference for you? Be prepared to share and discuss in class.

**Read Chapter 1...** **Due prior to class**

*Complete the following pages prior to class, we will discuss in class*

- Communication Questionnaire...pages 5-6
- Getting to Know Me...pages 7-8
- Julie & Mr. Conroy...pages 16-17
  - Things to Work On...pages 19-20
- Course Goals...pages 21-22
- Reactions to Chapter 1...pages 23-24
Read Chapter 2...**Due prior to class**  
**Complete the following pages prior to class, we will discuss in class**  
Listening Quiz...pages 32-33  
Listening Questionnaire...page 36  
Listening Skills Self Inventory...pages 39-41  
Testing for Listening Power...pages 44-45  
Reactions to Chapter 2...pages 59-60

**Class Three: (CH 3 & 4)**

Read Chapter 3...**Due prior to class**  
**Complete the following pages prior to class, we will discuss in class**  
Perception: Agree/Disagree...pages 66-67  
Perception...pages 69-73  
Quiz: Common Perception...pages 74-75  
The Way I See Things...page 76  
Count the Squares...page 81  
The Way We See Me (Self)...pages 85-86  
The Whole Truth...pages 91-92  
Now the Rest of the Truth...pages 93-94  
Reactions to Chapter 3...pages 95-96

Report to the group how you have applied one or all of the **decisions** from the movie. Give an example. How has this “decision” made a difference for you? Be prepared to share and discuss in class.

Read Chapter 4...**Due prior to class**  
**Complete the following pages prior to class, we will discuss in class**  
Non-verbal Rules...page 106-107  
Reactions to Chapter 4...pages 111-112

**Class Four: (CH 5 & 6)**

Read Chapter 5...**Due prior to class**  
**Complete the following pages prior to class, we will discuss in class**  
Semantic Reactions...pages 120-121  
Hidden Assumption Test...pages 122-123  
The Uncritical Inference Test...pages 124-125  
Polarization...page 126  
Owning My Communication...page 127  
The Slang Test...pages 128 – 129  
Reactions to Chapter 5...pages 133-134
Read Chapter 6...Due prior to class
Complete the following pages prior to class, we will discuss in class
Exercising Compliments...page 139
Turning Points in My Life...page 141
Comfort Survey...pages 142 – 143
Rate Your Self Confidence...pages 144 – 145
Role Analysis...pages 147 – 149 (look over, we will complete in class)
Reactions to Chapter 6...pages 155-156

Report to the group how you have applied one or all of the decisions from the movie. Give an example. How has this “decision” made a difference for you? Be prepared to share and discuss in class.

Class Five: (CH 7 & 8)

Read Chapter 7...Due prior to class
Complete the following pages prior to class, we will discuss in class
Complete the Thought...pages 169-170
Self-Appraisal...pages 171-172
Lost in a Lifeboat...pages 175-176
Reactions to Chapter 7

Read Chapter 8...Due prior to class
Complete the following pages prior to class, we will discuss in class
Conflict Quiz...page 184
Feelings About Conflict...page 185
Identifying Conflicts Activity...pages 186-187
How Assertive Are You?...pages 198 -202
Five Sample Situations...pages 205-206
Reactions to Chapter 8...pages 209-210

Report to the group how you have applied one or all of the decisions from the movie. Give an example. How has this “decision” made a difference for you? Be prepared to share and discuss in class.

Class Six: (CH 9 and complete any)
from previous week that did not complete)

Read Chapter 9...Due prior to class
Complete the following pages prior to class, we will discuss in class
- Skills 1 – 5...pages 219-223
- How Well Do We Know Women & Men? Pages 224-225
- Diagnosing Your Relationship...pages 229-230
- Self Disclosure Questionnaire...pages 231-235
- Relationship Roles...pages 236-237
- Reactions to Chapter 9

Chapter 10 – Susan Rocker Visit if Available

Class Seven: (Presentations)
Hand in workbook

Presentations – each student will utilize the guidelines for their presentation

Additionally, when you complete your presentation, every student in the class will share with the presenter something they admire or see as a strength you (the presenter) has. As you work with each other in groups and get to know one another, please notice the “special talents/qualities in each other. Remember these qualities so you can share them on the last day. Presenters...this will be a sweet moment for you!

Class Eight: (Presentations)

FOOD IS ALWAYS ENCOURAGED ON THE LAST DAY OF CLASS!

Presentations – each student will utilize the guidelines for their presentation.

Additionally, when you complete your presentation, every student in the class will share with the presenter something they admire or see as a strength you (the presenter) has. As you work with each other in groups and get to know one another, please notice the “special talents/qualities in each other. Remember these qualities so you can share them on the last day. Presenters...this will be a sweet moment for you!

Workbooks Returned
Evaluations

Texas Hug!

**Grading:**

**Attendance:** 5 points x 8 class days = 40 points
(Must be present entire class time)

**Participation:** 5 points x 8 class days = 40 points

**Workbook:** 5 points x 8 class assignments = 40 points

**Final Presentation:** 80 points
Bringing it all together!

**Total:** 200 points

195-200 (+perfect attendance) = A+
190-195 = A
180-189 = B
170-179 = C
160-169 = D
Below 159 = F

If you will be absent, please notify me prior to class by email at Deb.savage@doane.edu