NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
CST 126 - INTERPERSONAL COMMUNICATION (3 CR.)

Course Description

Teaches interpersonal communication skills for both daily living and the world of work. Includes perception, self-concept, self-disclosure, listening and feedback, nonverbal communication, attitudes, assertiveness, conflict resolution, and other interpersonal skills. Lecture 3 hours per week.

General Course Purpose

Provides the student with practice communicating in everyday situations in a variety of social contexts.

Course Prerequisites/Co-requisites

Fluency in Standard American English. Recommend proficiency in reading and writing at English 111 level.

Course Objectives

Upon completion of this course, the student will understand and appreciate the complexity of interpersonal communication in common, everyday situations by demonstrating his/her own communication patterns and by showing tolerance and understanding of others.

Major Topics to be Included

- Perception and self-concept
- Trust and self-disclosure
- Empathy and understanding
- Verbal and nonverbal messages
- Communication roles and expectations
- Defensive and supportive communication
- Listening and responding
- Assertiveness and feedback
- Conflict management
- Communication styles
- Intercultural communication
- Power in relationships