

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 and other interpersonal skills. Lecture 3 hours per week.

General Course Purpose

Covers the theories governing interpersonal communication. Provides the student with practice communicating in everyday situations in a variety of social contexts.

Course Prerequisites/Corequisites

Fluency in Standard American English and proficiency in reading and writing at English 111 level are strongly recommended.

Course Objectives

Upon completing the course, the student will be able to:

- Define and discuss the purposes of interpersonal communication
- Use verbal and nonverbal communication and listening skills in interpersonal settings
- Define different types of relationships and those interpersonal skills required for each relationship type
- Engage in civil discourse
- Initiate a relationship with confidence
- Use communication skills to maintain relationships
- Collaborate to identify a mutually beneficial solution
- Provide constructive criticism

Major Topics to be Included

- a. Definition and purposes of interpersonal communication
- b. Definition of interpersonal relationships and relationship types
- c. Perception and self-concept
- d. Communication roles and expectations
- e. Defensive and supportive communication
- f. Active listening and responding
- g. Assertiveness and feedback
- h. Conflict management
- i. Expressing emotion and offering appropriate responses
- j. Power in relationships
- k. Cultural competence