**Course Content Summary**

**Course Prefix and Number -- Course Title**

CST 126: Interpersonal Communication (3 cr.)

**VCCS 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**

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

**Course Prerequisites**

ENG 111 eligible

**Course Outcomes**

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

- Demonstrate increased self-understanding and confidence in human interactions.
- Communicate ideas with fluency and rhetorical sensitivity.
- Apply nonverbal communication theory in communicating and evaluating messages.
- Use critical thinking to understand and resolve issues.
- Demonstrate principles of organization and synthesis of information.
- Utilize various research tools/methods and identify credible resources.
- Adapt messages and behaviors to different communication situations.
- Employ internal and external dialog to respond to messages.
- Demonstrate respect for cultural and social diversity.
- Demonstrate awareness of historical, cultural and social traditions which influence communication events.

**Major Topics to be Included**

A. Perception and self-concept
B. Trust and self-disclosure
C. Empathy and understanding
D. Verbal and nonverbal messages
E. Communication roles and expectations
F. Defensive and supportive communication
G. Listening and responding
H. Assertiveness and feedback
I. Conflict management
J. Communication styles
K. Intercultural communications
L. Power in relationships

Optional Topics/Applications

A. Small group exercises and role play
B. Analysis of relational communication as portrayed in film
C. Book reports on books dealing with interpersonal communication
D. Group presentations