

CMST 2110: Interpersonal Communication

Fall 2015, Section 05

1:30 - 2:45, Tuesday & Thursday, Distance Education Bldg. 211

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Required Texts

- Arbinger Institute (2010). *Leadership and self-deception: Getting out of the box*. (2nd Ed.). San Francisco: Berrett-Koehler Publishers. **(The first edition of this book can also be used.)**
- All additional readings will be made available to you during the term on Canvas.

Course Description and Objectives

Communication Studies 2110 examines how we perceive self and others, how we use information we gather about self and others to guide our interactions, and the essential role of communication in the development and maintenance of human relationships. Our goal is to better understand some of the factors affecting communication in relationships and to appreciate the impact of communication on our relational lives. In this course, we will work together to develop a theoretical understanding of human communication processes and focus on improving specific interpersonal skills and relationships.

The objectives of this course are:

- (1) To enable you to critically examine interpersonal communication events, drawing on theories of communication and essential concepts in the literature.
- (2) To help you evaluate your own interpersonal communication skills and to provide you with opportunities to develop and demonstrate competency in interpersonal communication
- (3) To prepare you to work with communication research and literature as needed in upper-division communication classes.

Teaching Philosophy

I believe good teaching and learning come from engaging real-life situations and experiences. Therefore, I do not lecture, and my teaching requires you to go beyond the textbook as you study and prepare. I will ask you to examine your own experiences and share them when appropriate, participate in team and project work, and engage in experiential learning as we examine interpersonal communication together. If you are not comfortable with this approach to teaching, I encourage you to find another course that will better meet your needs.

The purpose of meeting together as a class is to enable you to have experiences and conversations that you cannot get on your own. In other words, class will not be a review of what was read in the textbook. Consequently, there are two kinds of work I need you to do in order for this class to be successful. First, do the reading for each chapter. A study guide is provided for

each class highlighting those concepts and key ideas that I want you to know. If I have not listed a concept on the study guide, then you do not need to take the time to read it. I will hold you responsible only for material on the study guide and topics discussed in class. However, we will not have time to discuss everything in class. Second, do all preparation assignments and actively participate in class. Completing the preparation assignments and participating in class enables us to have conversations and activities that move us beyond the book and into real life.

In addition, my goal in this class is not just for you to learn a set of concepts and discuss a set of issues. I am most interested in helping you develop a certain way of thinking about communication. It is this more sophisticated type of thinking that will come from our work together that can enable you to become a different kind of person – more capable, understanding, aware, and competent.

Course Assignments and Assessment

Grading. Please note that the grade of A is given for consistently excellent work that demonstrates an in-depth understanding of all course materials. B's are given for work that demonstrates instances of excellence with a very good understanding of course materials. C's are given for work that demonstrates a consistent satisfactory competence in course materials. D's are given for incomplete work, missed assignments, too many absences, etc. Please talk with me for further understanding of the grading criteria. If you have questions or concerns throughout the semester in regards to your grades (or other matters) please do not hesitate to come see me.

Course evaluation is based on the following assignments:

Interpersonal Development Project	35%
Exam 1	15%
Exam 2	15%
Final Exam	25%
Participation	10%

Grade assignments will be as follows:

A	93% and above	C	73 – 76%
A -	90 – 92%	C -	70 – 72%
B +	87 – 89%	D +	67 – 69%
B	83 – 86%	D	63 – 66%
B -	80 – 82%	F	62% or below
C +	77 – 79%		

Exams (55% total):

There will be three exams. The first two will cover specific sections of material and will be multiple choice and short essay. The final exam will be comprehensive and based on applications and problem solving. Both class discussions and course readings will be on the exams.

Interpersonal Development Project (35%):

In order to give you theoretical and practical understanding of interpersonal communication, you will conduct a course project designed to develop your interpersonal skills. This Interpersonal Development Project (IDP) will consist of an annotated bibliography and an application paper. Detailed guidelines will be provided.

Participation (10%)

Participation is an essential component of personal and professional success. You cannot be successful in this class or in any organization without participating. My perspective on participation is based in the “Law of the Harvest.” The law of the harvest simply means you cannot plant corn in August and expect to eat it before winter. Successful participation in this class means doing what is necessary each day to ensure success. The elements of your participation grade are outlined below:

Group and Individual Contributions: You will do work both in groups and individually in this class. Because of the nature of the class and the importance of class and group discussion for the learning that will take place here, a significant portion of the final grade will be determined by your participation in class discussion and group collaboration. Involvement is a necessary, important, and *required* part of this course. Showing up is the first step to class participation. However, good involvement is not equal to quantity of participation in class. Rather, I am looking for quality of involvement (i.e., not only engaging fully in class discussion, but also listening effectively to/with others, participating in activities, asking helpful questions, integrating the reading into class discussions, providing examples of course content, etc.).

A baseline assumption for this class is that you attend. You do not receive any kind of grade for attending class. However, I will take role, and you will be penalized 0.5% of your final course grade for every class missed. You are allowed 2 absences without penalty. Please consider these days as “personal time off.” You can use these days when you are sick, out of town, overwhelmed with other schoolwork, or just want to go to the mountains. However, when you have used your personal time off, you have no more and each subsequent absence results in a deduction from your final grade. Also, please remember that attendance and participation are not the same thing.

Study Guides/Preparation Assignments: As stated in my teaching philosophy, the purpose of meeting together as a class is to have experiences and conversations that you cannot get on your own. Therefore, you must come prepared. To ensure that we are prepared to work together each day, you will be required to complete and turn in a study guide (definitions and discussion questions) or preparation assignment each class period. Study guides and preparation assignments must be typed and will be turned in at the end of each class. No late work will be accepted for credit.

I recognize that most classes do not require you to do this, but I don’t believe you or I want to spend the semester listening to lectures about what you have already (or should have already) read. Study guides and preparation assignments will allow us to clarify and apply what you learn from your reading. In addition, these study guides will allow you to prepare for your exams as you go along, rather than all at once. Therefore, this requirement does not ask you to do any additional work than what is expected in any course.

Tentative Course Schedule
CMST 2110: Interpersonal Communication
Sanders: Fall 2015

	Date	Topic	Reading
1	Tuesday September 1, 2015	Introduction & Overview	
2	Thursday September 3, 2015	No Class	
3	Tuesday September 8, 2015	Understanding Communication and Relationships	<ul style="list-style-type: none"> • Sanders: <i>Becoming a Learner</i> • Getting Along with Everyone • Defining Communication • Film: <i>42</i>
4	Thursday September 10, 2015	Changing How We See People and Problems	<ul style="list-style-type: none"> • Changing How We See People and Problems • Communication & Relationship Change
5	Tuesday September 15, 2015	Library Research Day Meet in LIB 122	
6	Thursday September 17, 2015	Improving Relationships by Changing Our Communication	<ul style="list-style-type: none"> • <i>Leadership and Self-Deception</i> • IDP Proposal Due
7	Tuesday September 22, 2015	Understanding How Identity Influences Relationships	<ul style="list-style-type: none"> • Identity
8	Thursday September 24, 2015	Learning Why People See the Same Things So Differently	<ul style="list-style-type: none"> • Perception
9	Tuesday September 29, 2015	Improving How We Understand and Express Emotion	<ul style="list-style-type: none"> • Emotion
10	Thursday October 1, 2015	Exam 1 Review	
11	Tuesday October 6, 2015	Exam 1	
12	Thursday October 8, 2015	Recognizing Why and How Misunderstanding Occurs	<ul style="list-style-type: none"> • Verbal Communication
13	Tuesday October 13, 2015	Recognizing Why and How Misunderstanding Occurs	<ul style="list-style-type: none"> • Nonverbal Communication
14	Thursday October 15, 2015	Friday Campus Schedule No Class	
15	Tuesday October 20, 2015	Learning How Relationships are Maintained and Strengthened	<ul style="list-style-type: none"> • Disclosure & Accounts
16	Thursday October 22, 2015	Limiting Defensiveness and Creating Openness and Trust	<ul style="list-style-type: none"> • Climate

17	Tuesday October 27, 2015	Understanding Power and Influence	
18	Thursday October 29, 2015	Understanding Power and Influence	• Annotated Bibliography Due
19	Tuesday November 3, 2015	Exploring How to Be Honest and Kind	• Honesty and Kindness Papers Due
20	Thursday November 5, 2015	Exam 2 Review	
21	Tuesday November 10, 2015	Exam 2	
22	Thursday November 12, 2015	How to Listen Effectively	• To Be Determined
23	Tuesday November 17, 2015	Difficult Conversations	• To Be Determined
24	Thursday November 19, 2015	Difficult Conversations	• To Be Determined
25	Tuesday November 24, 2015	Managing Conflict	• To Be Determined
26	Thursday November 26, 2015	Happy Thanksgiving No Class	
27	Tuesday December 1, 2015	Managing Conflict	• To Be Determined
28	Thursday December 3, 2015	Forgiveness	• https://www.youtube.com/watch?v=frSCWv9LNbY
29	Tuesday December 8, 2015	Interaction Analysis Presentations	• Interaction Analysis Due
30	Thursday December 10, 2015	Final Exam Review	
31	Tuesday December 15, 2015	Final Exam 1:30-3:20	