

American University of Beirut
Faculty of Health Sciences
Department of Health Promotion and Community Health

HEALTH COMMUNICATION
(Interpersonal communication)
HPCH 203
(3 credits)
Spring 2019-2020

Course Instructor

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Office hours: by appointment

Class schedule:

Tuesday & Thursday: 3:00-4:15pm
Van Dyke 332

Course Description

This course is an introduction to human communication theory and practice. It emphasizes both interpersonal and group communication skills. The course introduces students to assumptions we make about communication and key elements of the communication process. The course attempts to highlight the connection between communication concepts and everyday life by using interactive methods that allow students to explore concepts in relation to their own personal experiences.

Resources

Adler R; Proctor R; Looking out looking in, 15th edition; Thomson Learning Inc. USA, 2014/ available from the bookstore

Rothwell J; In Mixed Company: Communicating in Small Groups and Teams, 8th edition; Wadsworth 2013; Students can pick up selected readings from the bookstore.

Course material is divided in two modules:

- Module One: Interpersonal communication
- Module Two: Interpersonal communication in small groups

Learning outcomes

By the end of the course students should be able to:

1. Discuss how self-concept and self-esteem impact communication
2. Identify and discuss ways in which mediated communication can impact interpersonal relationships
3. Identify and discuss factors that impact perception and affect interpersonal communication
4. Identify fallacies that create debilitating emotions and practice how to effectively communicate emotions
5. Analyze misunderstandings and practice applying "I" statements in given situations
6. Recognize and manage non-verbal behavior
7. Identify personal listening styles and demonstrate effective listening in a given situation

8. Determine types of communication that can create a positive climate
9. Describe personal conflict style and how to use a win- win approach in a situation
10. Discuss the emergence of group roles, leadership and the interconnectedness of task and social dimensions within a small group
11. Explore the process of effective decision making/problem solving in a small group

Assessment

All assigned chapters must be read prior to class. Online assignments will have clear instructions and grading rubrics posted on MOODLE

Criteria	Individual grade	Group grade	Date Due	Learning outcome
Attendance	5 %			
*Participation	10%			
Midterm (Moodle quiz)	30 %		Week of March 30	1,2,3,4,5,7,8,9
Assignment (Movie analysis) (in pairs)			March 12	1,3,4,5,6,7
Final group project		30%	April 30	8,9,10,11
Total	45 %	55%		

***Class participation means** engaging in class discussions and activities (role plays, games, exercises...) and not just being physically present in class

Requirements and expected conduct

- *Moodle*: you are requested to check MOODLE on regular basis and stay up to date on reading announcements and assignments. All assignments must be submitted on Moodle. Do not send assignments by email.
- *Readings*: you are expected to read the assigned material and prepare the assignments as indicated on your class schedule prior to class. You are expected to be ready to participate in class discussions and activities. Class and online participation will affect your grade.

Classroom Policies

- **Academic Integrity**: Education is demanding and time management is essential. Do not hesitate to use the resources around you but do not cut corners. Cheating and plagiarism will not be tolerated. Please review the Student Code of Conduct in your handbook and familiarize yourself with definitions and penalties. If you're in doubt about what constitutes plagiarism, ask your instructor because it is your responsibility to know. The American University of Beirut has a strict anti-cheating and anti-plagiarism policy. Penalties include failing marks on the assignment in question, suspension or expulsion from University and a permanent mention of the disciplinary action in the student's records.
- **Attendance**: In accordance with the AUB Catalogue "Students who miss more than one-fifth of the sessions of any course in the first ten weeks of the semester (five weeks in the case of the summer term) are dropped from the course if the faculty member has stated in the syllabus that attendance will be taken". Attendance will be taken regularly.
- **Cell phones are strictly forbidden in class**. It will not be allowed to have your cell phone on your desk, it needs to be put silent and away for the entire duration of the class.
- **Inclusive education**: AUB strives to make learning experiences as accessible as possible. If you anticipate or experience academic barriers due to a disability (including mental health, chronic or temporary medical

conditions), please inform me immediately so that we can privately discuss options. In order to help establish reasonable accommodations and facilitate a smooth accommodations process, you are encouraged to contact the Accessible Education Office: accessibility@aub.edu.lb; +961-1-350000, x3246; West Hall, 314.

- **Non-Discrimination – Title IX:** AUB is committed to facilitating a campus free of all forms of discrimination including sex/gender-based harassment prohibited by Title IX. The University's non-discrimination policy applies to, and protects, all students, faculty, and staff. If you think you have experienced discrimination or harassment, including sexual misconduct, we encourage you to tell someone promptly. If you speak to a faculty or staff member about an issue such as harassment, sexual violence, or discrimination, the information will be kept as private as possible, however, faculty and designated staff are required to bring it to the attention of the University's Equity/Title IX Coordinator. Faculty can refer you to fully confidential resources, and you can find information and contacts at www.aub.edu.lb/titleix. **To report an incident**, contact the University's Equity/Title IX Coordinator Ms. Mitra Tauk at 01-350000 ext. 2514, or titleix@aub.edu.lb. An anonymous report may be submitted online via EthicsPoint at www.aub.ethicspoint.com.

Course schedule

Date	Topic	Activities	Objectives
Module 1 – Interpersonal Communication Readings for Module 1 are from Adler & Proctor 2014			
Thu Jan 23	Introductory session		
Session 1 Tu Jan 28	Introduction; Interpersonal communication Chapter 1 (Adler & Proctor 2014)	Discussion Class activity	1. Discuss communication principles and common misconceptions in specific situations 2. Describe the transactional model of communication 3. Identify characteristics of competent communicators
Session 2 Thu Jan 30	Interpersonal communication and social media Chapter 2	Discussion	1. Identify similarities and differences between F2F and mediated communication. 2. Discuss how mediated communication can impact interpersonal relationships.
Session 3 Tu Feb 4	Communication and Identity Chapter 3	Discussion	1. Discuss the relationship between self-concept, self-esteem, and communication 2. Explain how self-fulfilling prophecies shape self-concept and thus communication
Session 4 Thu Feb 6	Communication and Identity Cont'd	Class activities	3. Describe the role that identity management plays in F2F and mediated relationships
Session 5 Tu Feb 11	Perceptions Chapter 4	Class discussion	1. Describe and discuss how the perception process can shape communication 2. Identify factors which influence perception and affect the communication process
Session 6 Thu Feb 13	Perceptions Cont'd	Class activities	
Session 7 Tu Feb 18	Emotions Chapter 5	Discussion	1. Identify and describe 6 influences that affect emotions and hence communication 2. Practice applying guidelines for effectively communicating emotions
Session 8 Thu Feb 20	Emotions Cont'd	Class activities	3. Identify and discuss fallacies that create debilitating emotions
Session 9 Tu Feb 25	Language Chapter 6	Discussion Class applications	1. Analyze a misunderstanding in terms of semantic or pragmatic rules

Date	Topic	Activities	Objectives
Session 10 Thu Feb 27	Language Cont'd	Assignment: movie analysis	2. Describe how identity, affiliation, power, disruptive language and language of responsibility impact relationships 3. Practice using I statements 4. Analyze how gender & culture differences may affect quality of interaction in a given interaction
Session 11 Tu Mar 3	Nonverbal communication (NV) Chapter 7	Discussion	1. Explain characteristics of NV communication and give examples on each 2. Recognize and manage your own NV in a given situation
Session 12 Thu Mar 5	Listening: Chapter 8	Class activities	1. Identify elements of the listening process and types of ineffective listening 2. Demonstrate effective listening styles that you can use to respond in a given situation
Session 13 Tu Mar 10	Listening Cont'd	Discussion (obj.1,2)	
Session 14 Thu Mar 12	Communication Climate Chapter 11	Discussion (obj.1, 2)	1. Identify types of communication that can create a positive climate 2. Discuss ways to create supportive communication climate using Gibb's categories and assertive message format
Session 15 Tu Mar 17	Communication Climate Cont'd	Class activities: role-play Giving and receiving criticism; (obj.1,2)	
Session 16 Thu Mar 19	Interpersonal conflicts Chapter 12	Discussion in class (obj.1,2,3)	1. Identify types of relational conflicts styles 2. Demonstrate how you can use win-win approach in a situation 3. Describe personal conflict style, evaluate its effectiveness and suggest alternatives
Session 17 Tu Mar 24	Interpersonal conflicts Cont'd	Role play	
Session 18 Th Mar 26	Interpersonal communication - Application	Activities	
MIDTERM	The week of March 30		
Tu Mar 31	No class		
Module 2 – Interpersonal Communication in Small Groups			
Session 19 Thu Apr 2	Introduction group project Groups as systems Chapter 2 (Rothwell)	Discussion	Describe characteristics of groups as systems
Session 20 Tu Apr 7	Group Development Chapter 3 (Rothwell)	Class discussion	1. Identify and describe stages for group development 2. Discuss task and social dimension within the different phases of group development
Session 21 Thu Apr 9	Group Development Cont'd	Activity	
Session 22 Tu Apr 14	Roles & leadership in Groups: Chapter 5 (Rothwell)	Class discussion	1. Explain the significance of roles in groups 2. Identify different types of roles in a group 3. Discuss how to be an effective leader in a group
Session 23 Thu Apr 16	Roles & Leadership in Groups Cont'd	Activity	
Session 24 Tu Apr 21	Decision making & problem solving Chapters 7&8 (Rothwell)	Class discussion	1. Analyze effects of excessive / insufficient information on group decision making & problem solving 2. Explain the role of mindsets in defective decision making 3. Describe & analyze group-think as an ineffective group decision making process 4. Apply steps for effective group decision making
Session 25 Thu Apr 23	Decision making & problem solving Cont'd	Activity	
Session 26 Tu Apr 28	Small group communication	Activity	
Session 27 Thu Apr 30	Project Presentations		

