

 POINT LOMA NAZARENE UNIVERSITY	Department of Communication Studies COM 1090 Interpersonal Communication 3 Units
Spring 2021	

Meeting days: Mondays on Zoom W/F asynchronous on Canvas	Instructor: Dr. Lisa Raser
Meeting times: Mondays 11:00-11:55 am	Email: lraser@pointloma.edu
Meeting location: Zoom/Canvas	Zoom Office hours: Go here to sign up.
	Final Exam: Friday June 11th, 10:30 am - 1:00 pm

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

Catalog Description: Focuses on the social scientific study of dyadic (two-person) communication. Opportunities are given to integrate theory and practice in an effort to stimulate self-awareness and highlight taken-for granted aspects of interpersonal communicative behavior.

and more:

Relationships are a central component of our everyday lives and influence how we construct our personal sense of identity. In this course, we will be taking a relational approach to the study of interpersonal communication (communication between individuals) by focusing mainly on close relationships (family, friends, romantic partners). We will critique positive and negative communication patterns that we have observed in the media and past interactions and we will apply interpersonal theory and concepts to improve our communication within our own close

relationships. In addition, we will be learning the language of Nonviolent Communication (NVC) to implement into our daily interactions. Through NVC practice and reflection, we will cultivate a practice of empathetic communication to both self and others.

COURSE LEARNING OUTCOMES

By the end of the course, students will be able to:

- Explain theories and concepts of interpersonal communication and apply these concepts to personal relationships
- Identify the guiding principles of Nonviolent Communication (NVC) and apply this communication process/language to your relationships, workplaces, and communities.
- Distinguish empathetic communication from other forms of non-empathetic communication and demonstrate empathetic communication to both self and others.
- Evaluate the positive and negative effects of communication behaviors and their impact on close relationships.
- Self-reflect and assess your own communication behaviors in relationships through journaling and sharing in a supportive group environment.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Guerrero, L. K., Andersen, P. A., & Afifi, W. A. (2014). *Close Encounters: Communication in Relationships*, Fourth Edition. Thousand Oaks, CA: SAGE.

Rosenberg, M. (2015) *Nonviolent Communication: A Language of Life*, Third Edition. Encinitas, CA: Puddledancer Press.

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 16 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

COURSE ASSIGNMENTS

Empathy Practice Groups: In an effort to grow our Nonviolent Communication skills within the context of community, you will meet with a group of classmates of your choice in an empathy practice group. You will meet with your group once a month (this can be done remotely via Zoom or FaceTime) and you will have the opportunity to practice giving and receiving empathy and expressing yourself honestly. Empathy practice groups give you a space to reflect on what you are learning and apply it along with others who are engaging the same material. After each meeting, you will write and submit a reflection that summarizes the ways that your empathy group members met your needs and how you contributed to the lives of your

empathy group members. A [guide](#) (along with more assignment details) for these meetings will be provided on Canvas.

NVC Journals: Your NVC journals will include reflections on thoughts, feelings, and observations from a current or past experience of your choosing. You will use a specific guide for these journals and we will look at a sample together in class. Ideally, try journaling once a week, and I will collect at least one journal entry twice during the semester. (You may turn in what you consider to be your best, most complete and in-depth efforts, and keep the others as practice.) Please type your NVC journals. In reviewing the journals, I will be looking for completion and a thorough use of the NVC components. I will offer supportive feedback/guidance on these, rather than editing.

Final Project: You will develop and produce a final creative project for this class that reflects and extends your learning and interests in the course. You will choose a topic from the class that you would like to explore further (ie: self-disclosure, expressing anger, long-distance relationships) and a genre/modality for how to explore that topic (a video, podcast, magazine, social media campaign, website, game, etc.) We will talk about examples in class so that you can brainstorm ideas and receive feedback before starting your project.

Quizzes, Discussion Posts, Collaborations, etc: Throughout the semester there will be quizzes, reflections, discussion posts and other assignments (individual and collaborative with peers) that will be due each week. The point values for these assignments may vary, but will be clearly designated on the assignment.

ASSESSMENT AND GRADING

COURSE REQUIREMENTS	Number of Points AVAILABLE
Empathy Practice Group Reflections	45
NVC Journals	40
Final Project	100
Discussions, Quizzes, Collaborations, Participation	350
TOTAL	535

NOTE: There may be adjustments made to the point values/totals listed above. Each assignment will be clearly marked with the point value when assigned on Canvas.

Student grades and feedback will be posted in the Canvas grade book after each assignment has been graded. It is important to read the comments posted in the grade book as these comments are intended to help you improve your work. Final grades will be posted by Sunday, June 20th.

Rounding: Typically, grades follow the scale below and are not rounded up. Rounding of grades is only done in rare circumstances when the percentage point after the decimal is extremely close to the next grade and the student has demonstrated exemplary participation and effort in the course. Any possible changes are made by instructor discretion; please do not request that your grade be rounded up.

Standard Grade Scale Based on Percentages				
A	B	C	D	F
A 93-100	B+ 87-89.9	C+ 77-79.9	D+ 67-69.9	F Less than 59
A- 90-92.9	B 83-86.9	C 73-76.9	D 63-66.9	
	B- 80-82.9	C- 70-72.9	D- 60-62.9	

COURSE POLICIES

SUPPORT

I am committed to helping every student attain their best possible education.

I AM HERE TO HELP! Please do not hesitate to ask questions, or schedule a Zoom office hours appointment. I am also happy to provide support and feedback on assignments before they are turned in or presented. If you have any particular needs or concerns that it would be helpful for me to be aware of, please do let me know.

ZOOM PARTICIPATION:

Since this course focuses on learning about *communication* within the context of community, your regular attendance and participation are required for you to be successful. It is important that you participate both verbally and nonverbally in class discussions on Zoom as you would in a classroom setting (ie: using eye contact to demonstrate active listening.) **In order to demonstrate both your verbal and nonverbal participation, please plan to have your video on for Zoom classes.** If you have a concern about having your video on (for example: an illness or a particular distraction in your learning space) please let me know via email or via private message on Zoom.

There are eight (8) points available for each Zoom class, four (4) for attendance and four (4) for participation. In order to receive the full points for a Zoom class, please demonstrate your engagement in the course by having your video on and participating in the discussion (large

group discussion, break out rooms, using the chat box, etc.) If you are logged on to our Zoom class but we cannot see your live face or hear your voice, you will not receive participation points for that class period.

Please arrive to our Zoom classes on time. If you are late to a Zoom class or leave early without notice, you will receive a reduction of your participation points for that class period. Missing more than 20 minutes of any part of the Zoom Class (in the beginning, middle or end) will count as an absence.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in according to the due dates set on Canvas. In general, no late or makeup written assignments/presentations will be allowed. Please communicate with me in advance of an assignment due date if you are concerned that an illness or other personal hardship may prevent you from turning in an assignment on time.

Incompletes for the course will only be assigned in extremely unusual circumstances.

EMAIL

I will frequently use Canvas Announcements or email to communicate with you and I do my best to respond to your emails as promptly as possible. I will respond to emails Monday-Friday from 9:00 am – 4:00 pm. If you send me an email over the weekend, I will respond on the following school day.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith. If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#)

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact student-tech-request@pointloma.edu.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

SCHEDULE OVERVIEW

The following is a zoomed-out version of our course schedule, including reading and major assignment due dates. This schedule does not include weekly Canvas assignments, quizzes, discussions, etc. (please see weekly Canvas modules for more detail.) Schedule is subject to change with reasonable notice.

Week 1	Welcome & Course Introductions
Week 2	Reading: CE Ch 1, NVC Ch. 1
Week 3	Reading: CE Ch. 2, NVC Ch. 2
Week 4	Reading: CE Ch. 3, NVC Ch. 3
Week 5	Reading: CE Ch. 4, NVC Ch. 4
Week 6	Reading: CE Ch. 5, NVC Ch. 5 // Empathy Practice Group Reflection #1 Due
Week 7	Reading: CE Ch. 6, NVC Ch. 6
Week 8	Reading: CE Ch. 7, NVC Ch. 7 // NVC Journal # 1 Due
Week 9	Reading: CE Ch. 8, NVC Ch. 8

Week 10	Reading: CE Ch. 9 & 10, NVC Ch. 9 // Empathy Practice Group Reflection #2 Due
Week 11	Reading: CE Ch. 11, NVC Ch. 10
Week 12	Reading: CE Ch. 12, NVC Ch. 11 // NVC Journal # 2 Due
Week 13	Reading: CE Ch. 13 & 14, NVC Ch. 12 & 13
Week 14	Reading: CE Ch. 15, NVC Ch. 14 // Empathy Practice Group Reflection #3 Due
Week 15	Final Project Due