

COURSE OUTLINE

HMDV-100

Introduction to Human Relations

3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

The purpose of this course is to promote personal growth and to improve relationships with others. Skills in active listening and group process will be developed. Students will identify values, strengths and positive life experiences as a means of enhancing self-confidence. The thrust of the class activities and presentations will be directed at personal life, college and on the job situations. The emphasis is on an integration of thoughts and feelings about oneself and others, and expressing feelings and receiving feedback from others. (3 hours weekly).

Overall Course Objectives

Upon the completion of the course, the student will be able to:

1. Analyze the self-concept and demonstrate an increase in self-esteem.
2. Demonstrate the use of the skills of listening and attending behaviors.
3. Demonstrate the application of assertiveness skills.
4. Examine and apply the dynamics of group behavior and group process.
5. Evaluate and apply principles of interpersonal communication skills.
6. Examine the degree of self-disclosure occurring in personal relationships.
7. Assess styles of conflict management and apply a win-win solution.
8. Construct and implement life change strategies for personal growth.
9. Value the need for personal growth.
10. Synthesize, through written assignments, the knowledge gained from lectures, discussions, class activities and supplemental readings.

Major Topics

1. Self-Concept
2. Listening
3. Assertiveness
4. Interpersonal Communication
5. Self-Disclosure
6. Conflict Management and Resolution
7. Life Change Strategies and Personal Growth

Course Requirements

Grading/Exams:

Grading procedures will be determined by the individual faculty member but will include the following:

1. Mandatory Attendance
2. Class Participation
3. Unit Assignments
4. Group Discussions/Assignments
5. Supplemental Readings
6. Oral Presentations

Writing:

Specific writing assignments will be determined by the individual faculty member.

Other Course Information

Meets college definition for an Oral Communications Elective and an Arts and Sciences Elective.