COURSE OUTLINE		
TERM: Fall 2026	**COURSE NO:** CMNS 255	
INSTRUCTOR:	**COURSE TITLE:** Interpersonal Communication	
OFFICE: **LOCAL:** **E-MAIL:** @capilanou.ca	**SECTION NO(S):**	**CREDITS:** 3.0
OFFICE HOURS:		
COURSE WEBSITE:		

Capilano University is named after Chief Joe Capilano (1854–1910), an important leader of the Sḵwx̱wú7mesh (Squamish) Nation of the Coast Salish Peoples. We respectfully acknowledge that our campuses are located on the unceded territories of the səlilwətaɬ (Tsleil-Waututh), shíshálh (Sechelt), Sḵwx̱wú7mesh (Squamish), and xʷməθkʷəy̓əm (Musqueam) Nations.

COURSE FORMAT
Three hours of class time, plus an additional hour delivered through on-line or other activities for a 15-week semester, which includes two weeks for final exams. May be delivered in online or mixed mode format.

COURSE PREREQUISITES
9 credits of 100-level or higher coursework including CMNS 100 or ENGL 100

CALENDAR DESCRIPTION
This course explores essential concepts, key debates, research and practices in the study of interpersonal communication – the human modes of communication and personal relationships that shape our social environment and inner lives. We will look at interpersonal communication in a variety of contexts (self, relationships, groups, work interactions) and from a social constructionist perspective using a variety of theoretical traditions and approaches, including sociopsychological and sociocultural theories, critical theory and social neuroscience.

REQUIRED TEXTS AND/OR RESOURCES
Specific texts, resources and technology may vary depending on the term and instructor. The course may make use of an assigned textbook, instructor-prepared courseware or readings made available as Open Educational Resources (OER)

COURSE STUDENT LEARNING OUTCOMES
On successful completion of this course, students will be able to do the following:

- Identify and describe factors that influence family, romantic, friendship and work interactions.

- Identify and describe one's personal responsibility and role in family, romantic, friendship and work interactions.
- Analyze the impact of communication technology on relationships and modify personal use of devices in the context of relationships.
- Identify and communicate clearly about how the two brain systems influence behaviour and how these behaviours can be intentionally stimulated to improve interactions.
- Identify, describe and evaluate various models of social competence and social intelligence with reference to social constructivism, psychology, social neuroscience and business approaches.
- Identify, define and apply categories of nonverbal and verbal communication to everyday behaviour.
- Identify, define and apply theories of self as a form of self-knowledge in relation to improved interpersonal communication in family, romantic, friendship and work relations.

COURSE CONTENT

Weeks	**Topics**
Week 1	Introduction: Interpersonal communication as a life skill
Week 2	Growing our best self: Self-concept, awareness, control and identity
Week 3	Social neurology: Linking self, others and health
Week 4	Mindfulness, happiness and cognitive reappraisal
Week 5	Social competence, skills and intelligence
Week 6	Non-verbal communication and silence
Week 7	Verbal communication: listening, responding and conversing
Week 8	The worst and the best: Communicating in families
Week 9	Sex, love and breakups: Being our best in romantic relationships
Week 10	Navigating interpersonal communication at work
Week 11	Making friends, keeping them and letting them go
Week 12	The self revisited – skill sharing
Week 13	Conclusion and course wrap-up
Weeks 14-15	Final exam period

EVALUATION PROFILE

Assessment		**Value**
Case Study	To explore guides to deepen our problem-solving skills through the application of academic theory.	20%
Theoretical Understanding Reflective Assignments **(4 @ 10% each)**	Asks students to engage in reflective assignments aimed at weaving personal with theoretical. This is used to demonstrate an understanding and ability to apply the theories and tools from the class.	40%
Interpersonal Communication Final Project	Final project is a culmination of previous reflective and theoretical understandings based on the course content and the exploration of a theme of your choice.	25%

In-class assignments	This informal writing exercise is to help students summarize information, focus on the lecture, apply the content to their life, and to give them practice and confidence in writing.	10%
Participation & professionalism	This includes engaging in thoughtful and collegial discussions in class, arriving on time, refraining from using electronic devices unless instructed to do so, and submitting assignments on time in APA format. Students with Exceptional circumstances or documentation from Accessibility Services will be accommodated accordingly.	5%
TOTAL		**100%**

GRADING PROFILE

A+ = 90-100	B+ = 77-79	C+ = 67-69	D = 50-59
A = 85-89	B = 73-76	C = 63-66	F = 0-49
A- = 80-84	B- = 70-72	C- = 60-62	

Incomplete Grades

Grades of Incomplete "I" are assigned only in exceptional circumstances when a student requests extra time to complete their coursework. Such agreements are made only at the request of the student, who is responsible to determine from the instructor the outstanding requirements of the course.

Late Assignments

Assignments are due at the beginning of the class on the due date listed. If you anticipate handing in an assignment late, please consult with your instructor beforehand.

Missed Exams/Quizzes/Labs etc.

Make-up exams, quizzes and/or tests are given at the discretion of the instructor. They are generally given only in medical emergencies or severe personal crises. Some missed labs or other activities may not be able to be accommodated. Please consult with your instructor.
Accommodations can be made to honour community needs and traditional practices.

Attendance

Students are expected to attend all classes and associated activities.

English Usage

Students are expected to proofread all written work for any grammatical, spelling and stylistic errors. Instructors may deduct marks for incorrect grammar and spelling in written assignments.

Electronic Devices

Students may use electronic devices during class for note taking only.

On-line Communication
Outside of the classroom, instructors will (if necessary) communicate with students using either their official Capilano University email or eLearn; please check both regularly. Official communication between Capilano University and students is delivered to students' Capilano University email addresses only.

UNIVERSITY OPERATIONAL DETAILS

Tools for Success
Many services are available to support student success for Capilano University students. A central navigation point for all services can be found at: https://www.capilanou.ca/student-services/

Capilano University Security: download the CapU Mobile Safety App

Policy Statement (S2009-06)
Capilano University has policies on Academic Appeals (including appeal of final grade), Student Conduct, Academic Integrity, Academic Probation and other educational issues. These and other policies are available on the University website.

Academic Integrity (S2017-05)
Any instance of academic dishonesty or breach of the standards of academic integrity is serious and students will be held accountable for their actions, whether acting alone or in a group. See policy and procedures S2017-05 Academic Integrity for more information: https://www.capilanou.ca/about-capu/governance/policies/

Violations of academic integrity, including dishonesty in assignments, examinations, or other academic performances, are prohibited and will be handled in accordance with the Student Academic Integrity Procedures.

Academic dishonesty is any act that breaches one or more of the principles of academic integrity. Acts of academic dishonesty may include but are not limited to the following types:

Cheating: Using or providing unauthorized aids, assistance or materials while preparing or completing assessments, or when completing practical work (in clinical, practicum, or lab settings), including but not limited to the following:

- Copying or attempting to copy the work of another during an assessment;
- Communicating work to another student during an examination;
- Using unauthorized aids, notes, or electronic devices or means during an examination;
- Unauthorized possession of an assessment or answer key; and/or,
- Submitting of a substantially similar assessment by two or more students, except in the case where such submission is specifically authorized by the instructor.

Fraud: Creation or use of falsified documents.

Misuse or misrepresentation of sources: Presenting source material in such a way as to distort its original purpose or implication(s); misattributing words, ideas, etc. to someone other than the original source; misrepresenting or manipulating research findings or data; and/or suppressing aspects of findings or data in order to present conclusions in a light other than the research, taken as a whole, would support.

Plagiarism: Presenting or submitting, as one's own work, the research, words, ideas, artistic imagery, arguments, calculations, illustrations, or diagrams of another person or persons without explicit or accurate citation or credit.

Self-Plagiarism: Submitting one's own work for credit in more than one course without the permission of the instructors, or re-submitting work, in whole or in part, for which credit has already been granted without permission of the instructors.

Prohibited Conduct: The following are examples of other conduct specifically prohibited:

- Taking unauthorized possession of the work of another student (for example, intercepting and removing such work from a photocopier or printer, or collecting the graded work of another student from a stack of papers);
- Falsifying one's own and/or other students' attendance in a course;
- Impersonating or allowing the impersonation of an individual;
- Modifying a graded assessment then submitting it for re-grading; or,
- Assisting or attempting to assist another person to commit any breach of academic integrity.

Sexual Violence and Misconduct

All Members of the University Community have the right to work, teach and study in an environment that is free from all forms of sexual violence and misconduct. Policy B401 defines sexual assault as follows:

> Sexual assault is any form of sexual contact that occurs without ongoing and freely given consent, including the threat of sexual contact without consent. Sexual assault can be committed by a stranger, someone known to the survivor or an intimate partner.

Safety and security at the University are a priority and any form of sexual violence and misconduct will not be tolerated or condoned. The University expects all Students and Members of the University Community to abide by all laws and University policies, including B.401 Sexual Violence Policy and B.401.1 Sexual Violence Procedure (found on Policy page https://www.capilanou.ca/about-capu/governance/policies/)

Emergencies: Students are expected to familiarise themselves with the emergency policies where appropriate and the emergency procedures posted on the wall of the classroom.