

# Bemidji State University

## SOWK 2130: Interpersonal Relations

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

The course is intended to assess and develop basic interpersonal skills necessary to use self effectively as a practitioner. Teaches students to understand, assess, apply, and evaluate the basic skills of a helping relationship. Prerequisite: Admission to the Social Work program.

**B. COURSE EFFECTIVE DATES:** 02/15/2006 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Communication & Relational Dynamics
2. Communication and Identity
3. Discussion of Strengths Finder
4. Emotions: Feeling, Thinking & Communicating
5. Improving Communication Climates
6. Intimacy and Distance in Relational Communication
7. Listening: More than meets the ear
8. Managing Interpersonal Conflict
9. Nonverbal Communication
10. Perception: What You See Is What You Get

### D. LEARNING OUTCOMES (General)

1. recognize and manage personal values to allow professional values to guide practice.
2. demonstrate effective oral and written communication.
3. gain self-awareness to eliminate the influence of personal biases and values in working with diverse groups.
4. discover, appraise, and attend to changing contexts to provide relevant services.
5. recognize and communicate understanding of the importance of difference in shaping life experiences.
6. recognize how a culture's structure and values may impact privilege and power.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted