

INTERPERSONAL SKILLS

Semester	Subject Code	Category	Lecture		Theory		Practical	Credit
			Hrs/Week	Hrs/Sem	Hrs/Week	Hrs/Sem		
VI		SBS-IV	02	30	01	15	15	02

COURSE OBJECTIVE

This course helps the students to build their interpersonal skills

COURSE OUTCOMES

On successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	Understand the importance of interpersonal skills	K2
CO2	Demonstrate the effects of self disclosure	K2
CO3	Illustrate the expressions through verbal and non verbal communication	K3
CO4	Construct interpersonal trust	K3
CO5	Prepare oneself to overcome the barriers	K3

MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	S	M	M	M	M
CO2	S	S	S	S	M	M
CO3	S	S	S	S	S	S
CO4	S	S	S	S	S	S

CO5	S	S	S	S	S	S
S- Strong		M-Medium			L-Low	

UNIT 1 The Important Of Interpersonal Skills 6 hrs

Interpersonal Relationship and Personal Competence – Learning Interpersonal Skills – Co-Operative Learning and Interpersonal Competence.

UNIT II Self- Discloser 6 hrs

Meaning of Self- Discloser – Appropriateness of Self- Discloser and Self Awareness – Interpersonal Effectiveness.

UNIT III Expression of Emotions 6 hrs

Self Awareness of One’s Felling – Need For Expression Felling – Perception of another’s Felling–Nonverbal Communication –Importance of Making a Verbal and Non Verbal Message Congruent.

UNIT IV Developing and Maintaining Trust 6 hrs

Definition of Trust – Building Interpersonal Trust – Being Trusting and Trust Worth –Trusting Appropriately Trusting as Self – Fulfilling Prophecy.

UNIT V Barriers To Interpersonal Effectiveness 6 hrs

Managing Anxiety and Fear – Understanding Shyness – Avoiding Self – Blame – Taking Risk – Tolerating failure – Persisting–Celebrating Success.

Practicum:

(Note: Minimum of any two practicum should be carried out)

- Johari Window model

- Games on self disclosure
- Activities on Non verbal communication
- Activities on Self Fulfilling Prophecy
- Relaxation techniques to overcome anxiety

Distribution of Marks: Theory 100% and Problems 0%

TEXT BOOKS:

S.No	Authors	Title	Publishers	Year of Publication
1	David W. Johnson	Reaching out (3rd Edition)	Prentice Hall Englewood cliffs ,New jersey.	1986
2	David W. Johnson A Frank P. Johnson	Joining together ,(3 rd Edition)		1982

REFERENCE BOOKS:

S.No	Authors	Title	Publishers	Year of Publication
1	Bob Wright	Interpersonal Skills	British Librray ,C.A	1992
2	Asa Don Brown	Interpersonal Skills in the workplace	Tate Publishing & Enterprises, LLC	2016

WEB SOURCES:

- ❖ <https://counseling.dasa.ncsu.edu/resources/self-help-resources/interpersonal->

[skills/#:~:text=Interpersonal%20skills%20are%20measures%20of,to%20resolve%20conflict%20with%20others.](#)

- ❖ <https://www.mindtools.com/pages/article/self-disclosure.html>
- ❖ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1484830/>
- ❖ https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/full_communicating_0.pdf
- ❖ <https://www.typetalk.com/blog/overcoming-interpersonal-barriers-communication/>
- ❖ https://www.beyondintractability.org/essay/trust_building
- ❖ <https://timetothrivetherapy.com/wp-content/uploads/2018/01/The-Cognitive-Behavioral-Workbook-for-Anxiety.pdf>
- ❖ <https://www.psychologytoday.com/us/blog/living-forward/201612/4-ways-overcome-shyness>

TEACHING METHODOLOGIES:

- Discussion
- Games and activities
- Visual aids
- Assignment and Seminar
- Peer teaching.

SYLLABUS DESIGNER:

Mrs.R.Safina Selva

Head and Assistant Professor of Psychology

DKM College for Women (Autonomous).