

Stanford | Continuing Studies

Course Title: Building Interpersonal Skills: An Experiential Workshop

Course Code: COM 19

Instructor: Susan Neville, Campbell Frank

Course Schedule:

This course is taught over 5 days - 22 hours total. The schedule is below.

Full online attendance and participation are required for this course. We will be working in small groups and your presence is essential! If you aren't sure you will be able to attend at least the first 4 sessions, consider taking the course another time.

Sessions are not recorded and cannot be made up.

Here's the schedule:

2/4/21	Thursday 3 hours	4pm to 7 pm PST
2/5/21	Friday 3 hours	4pm to 7 pm
2/6/21	Saturday 7 hours	9am - 12 pm, 1 - 3pm, 5-7pm
2/7/21	Sunday 6 hours	9am- 12 pm, 1:30 - 4:30 pm
2/8/21	Monday 3 hours	4 -7 pm

Course Summary and Outline:

This is an online version of the course we have offered in person for a decade, focused on building and sustaining relationships using a virtual medium. Peer-to-peer learning is a central part of this hands-on experiential workshop, so your active participation is key.

Advanced-level proficiency in spoken English is a pre-requisite.

While there will be some presentations and class exercises, most of our time will be spent in groups of about 10 students, with facilitators, applying concepts and experimenting with new behaviors to deepen communication and mutual influence. If you attend with a partner or close friend, we will try to place you in different groups.

Skills we will practice include:

- Empathic listening
- How to give and receive honest feedback
- Understanding emotions through a neuroscience lens
- Integrating feelings in your communication to connect and influence
- Applying the skills learned in this workshop in everyday life

Please contact the Stanford Continuing Studies office with any questions
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 continuingstudies@stanford.edu
 650-725-2650

Grade Options and Requirements:

- No Grade Requested (NGR): This is the default option. No written work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC). Students must attend all class sessions and make a good faith effort to participate fully.
- Letter Grade: Students must attend all class sessions. For an “A”, students must submit 4 journal pages, one page for each day Thursday through Sunday.

**Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.*