PRELIMINARY SYLLABUS

Building Interpersonal Skills: An Experiential Workshop
Course Code: COM 19
Quarter: FALL 2016
Instructors: Susan Neville, Campbell Frank

Course Schedule:
Thursday, October 27, 6:30 – 9:30 pm (required attendance)
Friday, October 28, 6:30 – 9:30 pm (required attendance)
Saturday, October 29, 9:30 am – 6:30 pm (required attendance)
Sunday, October 30, 9:30 am – 4:30 pm (required attendance)
Monday, October 31, 6:30 – 8:30 pm (optional)

Background reading or videos – recommended – not required:

These readings may enhance your experience at the workshop. Due to time constraints we may not reference them directly or at all. The 4 mindsets as outlined by Keith Ferrazzi go a long way toward building a strong group. Susan Cain’s research on the leadership qualities of introverts gives a new perspective toward understanding each other – whether you see yourself as an introvert or extrovert this is a compelling look at a personal quality that we often misunderstand.

1. Who’s Got Your Back? (Sections One and Two)
Keith Ferrazzi
Alternatively read section one online at this link:

And excerpts from Section 2 at this link:
http://www.huffingtonpost.com/keith-ferrazzi/whos-got-your-back-the-fo_b_210954.html

2. Quiet, The power of introverts by Susan Cain
http://www.thepowerofintroverts.com
Her TED talk at: http://www.ted.com/talks/susan_cain_the_power_of_introverts.html

Her TED talk at: https://www.ted.com/talks/brene_brown_on_vulnerability
Grade Options:

No Grade Requested: This is the default option—just come to class!

Requirements for Credit/No Credit:
Attend Thurs and Fri evenings and full day Sat and Sun

Requirements for a Letter Grade:
For an A – attend ALL five sessions and submit 4 typed journal pages – one each for Thurs, Fri, Sat and Sun session
For a B – attend Thursday, Friday, Sat and Sunday sessions making a good faith effort to participate fully

Topics to be covered:
Empathic listening
How to give and receive honest feedback
A look at emotions through a neuroscience lens
Understanding and integrating feelings in your communication
Applying the skills learned in this workshop in everyday life

Course design: This is a hands-on experiential workshop. Active participation is key. A good level of proficiency in English is also recommended. There will be presentations and class exercises; much of the time will be spent in a small group (up to 12 people) facilitated by one of the instructors. If you attend with a partner or close friend we will try to place you in different groups.