

INTERPERSONAL RELATIONSHIP JOURNAL/ WORKBOOK

Student _____ Group _____

Instructions

1. Choose one person with whom you have an important and significant relationship. This may be a significant man/lady, friend, family member, etc. with whom you interact with often.
2. Relate all journal entries to this significant relationship.
3. Be sure to respond to questions using the terms and concepts presented in each section of your course.
4. Rate your current perception of the quality of this relationship:
10 being the highest quality Circle one number
1.....2.....3.....4.....5.....6.....7.....8.....9.....10

For Instructor's Use

Progress Check: *Section 1 – 4* ____ *Section 5 – 7* ____ *Section 8 – 12* ____

Instructor comments: _____

_____ Final Journal Grade/Score: _____

To Accompany the Study of Interpersonal Communication
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Circle one number

[illegible]

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Introduction and Expectations

The most significant skill you will learn during your lifetime is the ability to communicate effectively with another human being. This workbook requires you to illustrate and apply language, ideas and concepts presented in your interpersonal communication course. The 32 journal prompts reinforce your class by having you apply theories to one relationship. Research argues that your analysis of any relationship impacts your view of communication, and illustrates how you can improve all of your relationships. Specific learning outcomes include:

1. An increased understanding of verbal and nonverbal communication in your relationships.
2. An improved ability to evaluate and employ methods for managing conflict in your relationships.
3. More ability to define and differentiate various personal communication styles.
4. The ability to examine and apply human communication theory and principles across a variety of situations and contexts.

Your written responses should demonstrate learning by at least one of the following methods:

Knowledge: Your response reveals the remembering or recalling of something learned in this course.

Comprehension: Your response reveals a grasping or understanding of the meaning of terms or concepts presented in the course.

Application: Your response reveals your ability to apply / use learned information (knowledge) to a particular situation.

Analysis: Your response reveals the breaking down of information into parts, and an effort to understand its structure.

Synthesis: Your response reveals the mixing of knowledge you had prior to the course with new skills, combined to create a new perception.

Evaluation: Your response reflects making a personal judgment or decision based on some new perception.

Good Luck and Enjoy the Journey!

