



課程名稱：人際與溝通 Interpersonal Relationship and Communication

課程編號：GE1003 / 5113

上課日期：2025年1月13日-5月19日

上課時間：10:00 p.m. – 13:00 a.m.

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Course description and purpose

This course aims to equip students with tested knowledge and skills to manage interpersonal interactions needed for lifelong personal development. It is the study of theories and practice in verbal and nonverbal communication, various models with a focus on interpersonal relationships. In each session, learning will focus on a specific scenario, on the bases of which students will discuss on selected issues, self-reflect on personal dispositions, and practice effective communication skills. In-class assignments will be administrated.

Students also need to work for chosen areas of interest and present a 30-40-minutes individual presentation with Q & A section. Students are advised to avoid presenting on the same topic therefore, the selected topic must be given to the teacher one-week prior presenting.

Course Intended Learning Outcome

Upon successful completion of the course, students will be able to:

1. Explain with theories on the process of interpersonal interactions in numerous social situations related to Christian ministries.
2. Evaluate and apply communication skills and dynamic of roles to better manage different kinds of interactions at home and at workplace.
3. Practice effective stress and conflict management techniques to take actions for positive personal growth and development.

Teaching Method

Teaching will include lectures and class assignment. The lectures will be the primary mode of instruction and will refer to the Chinese culture and Christian context, with reference to scripture whenever appropriate. The class assignment and role plays will supplement the lectures and form an integral part of the teaching.

Assessment methods

◇ In-class assignments (two times)	20%
◇ Individual Presentation + class evaluation	25%+5%
◇ Attendance	10%
◇ Term paper	40%

In-class assignments (20%)

To facilitate students' learning and self-reflection, there will be 2 class exercises focusing on the main themes. Students are required to complete and submit in class according to the teacher's instruction. **Late submission of the in-class assignments will not be accepted.**

Individual Presentation (30%)

Each student is expected to make one presentation. The goal of this project is to help students to apply the concepts/theories of interpersonal relationship skills and positive personal growth. To complete the presentation, students are required to:

1. Choose a topic of interest from the main theme topics that have been covered
2. Prepare for relevant information for the selected topic
3. Present in the last 2 classes
4. Students will provide critical comments on each presentation via teacher and peer students

Each presentation is about **30-40 minutes including the Q & A session**. Students are required to email their presentation power point including their names, and student numbers to the teacher 1 week before the presentation.

Attendance (10%)

Your attendance is crucial to your success in the course. You must be present in order to master the skills needed to achieve the course objectives. Attendance will be taken at the beginning of each class. Student will be marked absent when late for 30 minutes thereafter.

Term paper (40%)

Each student is required to write a term paper on a topic of their own experiences and learning in relation to interpersonal and communication skills including the personal development. Its goal is to help students learn to apply relevant concepts they learned in class to analyze their own real-life experiences. This is an academic paper and should have relevant reference/literature support. The paper should be written in English or Chinese, typed on A4 paper, double-spaced, and approximately 1,500 words for Master students and 1000 words for Bachelor students (excluding cover page, content page and the reference page). Some suggestions may include:

• Resolution of an interpersonal conflict
• Coping with stress
• Enhancement of family relationship via communication skills

The paper should consist of three parts, namely:

- Part 1 Describe the relevant event/character/experience or situation which require attention or improvement.
- Part 2 Analyze the relevant event/character/experience using psychological theories/concepts, personal life experience as well as the bible scriptures used in the course
- Part 3 Reflection on what you have learn from this experience

The paper must be submitted in soft copy one week after the last class. Any late submission will not be accepted..

Course contents		
Week 1	Introduction, Communication Dynamics - basic principles	13 Jan
Week 2	Family origin, Emotion and Gender	20 Jan

Week 3	(In-class assignment) + MBTI model	10 Feb
Week 4	Family tension and Conflict, Negotiation and Anger management	17 Feb
Week 5	Friendship and Intimate Relationship	24 Feb
Week 6	Coping of Stress and Conflict	03 Mar
Week 7	Introduction on Transactional Analysis	17 Mar
Week 8	Life Script + (In-class assignment)	24 Mar
Week 9	Games People Play	31 Mar
Week 10	Drivers and Stress	07 April
Week 11	I'm OK, You're OK	28 April
Week 12	Group Presentations	12 May
Week 13	Group Presentations	19 May

List of Reference

There is no required text for this course. Students can consult the books below to acquire more extensive knowledge base for skill practice, or as reference for term paper.

- Beebe, S. A., Beebe, S. J., & Redmond, M. V. (2011). *Interpersonal communication: relating to others*. Boston: Ally & Bacon.
- Blonna, R. (2012). *Coping with stress in a changing world* (5th ed.). New York: The McGraw-Hill Com. Inc.
- Corey, G., & Corey, M. S. (2002). *I never knew I had a choice: Explorations in personal growth* (9th ed.). California.: Brooks/Cole-Thomson Learning.
- Greenberg J. S. (2013). *Comprehensive Stress Management*. New York: McGraw-Hill.
- Johnson, D. W. (2014). *Reaching out: interpersonal effectiveness and self-actualization* (11th ed.). Boston: Pearson.
- Seaward, B. L. (2012). *Managing Stress: principles and strategies for health and well-being*. (7th ed.). Burlington, Mass.: Jones & Bartlett Learning.
- Siang, Y. T. (2011). *Counseling and Psychotherapy: A Christian Perspective*. New York: Baker Academic
- Thomas, M. S. (2001). *The resilient practitioner: Burnout prevention and self-care strategies for counselors' therapists, teachers and health professionals*. Boston: Allyn and Bacon.

- Trenholm, S., & Jensen, A. (2013). *Interpersonal Communication*. (7th ed.). New York: Oxford University Press.
- Eric Burne. (2016) *Games People Play: The Psychology of Human Relationship*. (Latest ed.) United Kingdom: Penguin Life.
- Muriel James and Dorothy Jongeward. (1987). *Born to Win*. (Reissue ed.) United Kingdom: Penguin Life.
- Thomas A. Harris M.D. (1995) *I'm OK, You're OK*. Arrow Books Limited.
- Thomas A. Harris M.D. (1995) *Staying OK*. Arrow Books Limited.
- Ian Stewart and Vann Joines (2012) *TA Today*. (2nd ed.) Lifespace Publishing.
- 曾華源著。《人際關係與溝通技巧(第二版)》。新北市：揚智，2014。
- 非暴力溝通(處理衝突) 盧森堡著；阮胤華譯。《愛的語言-非暴力溝通》。台北：光啟，2016。