



COURSE OUTLINE: CYC100 - HUMAN RELATIONS

Prepared: CYC Faculty

Approved: Karen Hudson, Dean, Community Services and Interdisciplinary Studies

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| Course Code: Title | CYC100: INTRODUCTION TO HUMAN RELATIONS |
| Program Number: Name | 1065: CHILD AND YOUTH CARE |
| Department: | CHILD AND YOUTH WORKER |
| Academic Year: | 2024-2025 |
| Course Description: | This course introduces students to principles and practices of effective human relations with particular emphasis on professional applications in Child & Youth Care. Students will have opportunities to integrate theory and skill development in interpersonal communications and self-understanding. The course is designed to be foundational to further study in the areas of counselling and group dynamics and includes extensive practice and review of listening skills, perception checking, empathic understanding, social awareness and management of interpersonal conflicts. |
| Total Credits: | 3 |
| Hours/Week: | 3 |
| Total Hours: | 42 |
| Prerequisites: | There are no pre-requisites for this course. |
| Corequisites: | There are no co-requisites for this course. |
| Substitutes: | OEL1055 |
| This course is a pre-requisite for: | CYC202, CYC203 |
| Vocational Learning Outcomes (VLO's) addressed in this course: | 1065 - CHILD AND YOUTH CARE |
| Please refer to program web page for a complete listing of program outcomes where applicable. | VLO 1 Develop and maintain therapeutic relationships with children, youth and their families, respecting their unique life spaces, and applying the principles of relational practice to meet their needs |
| | VLO 4 Use equitable and inclusive approaches that are anti-colonial, anti-oppressive, anti-racist, and strength-based frameworks, as well as cultural humility, to create positive and sustainable solutions and respond to inequities and to systemic barriers experienced by children, youth and their families. |
| | VLO 6 Employ communication, collaboration and relational skills with the inter-professional team and with community partners to ensure and enhance the professionalism of practice. |
| | VLO 7 Engage in self-inquiry, relational inquiry and critical reflection to develop strategies for learning and the practice of self-care, as a practitioner. |
| | VLO 8 Use professional development resources and supervision to increase professional capacity, learning and leadership skills. |
| Essential Employability | EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form |



Skills (EES) addressed in this course:

- that fulfills the purpose and meets the needs of the audience.
- EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 4 Apply a systematic approach to solve problems.
- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 50%, D

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Books and Required Resources:

Look by Adler, Rolls, Procter II
 Publisher: Nelson Education Edition: 4th Canadian

Course Outcomes and Learning Objectives:

| Course Outcome 1 | Learning Objectives for Course Outcome 1 |
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| 1. Identify and apply strategies that promote positive relationships, understanding and trust with others | 1.1 Apply relational principles of consideration, safety, trust, presence and empathy 1.2 Listen actively to better understand the diverse needs, interests and perspectives of others 1.3 Explain and apply relational principles of presence and interpersonal involvement appropriate to a learning environment 1.4 Evaluate interactions with others on an ongoing basis, making adaptations where necessary |
| Course Outcome 2 | Learning Objectives for Course Outcome 2 |
| 2. Apply communication, teamwork and organizational skills that promote understanding and cooperation with others | 2.1 Employ communication strategies that enhance interpersonal relationships and understanding 2.2 Recognize and apply strategies to improve communication climates and manage interpersonal conflicts 2.3 Provide feedback that is constructive and supportive in nature 2.4 Respond to feedback in a respectful and non-defensive manner 2.5 Attend to both verbal and non-verbal communications and adapt responses as needed 2.6 Plan and implement, clear, concise written, oral and/or electronic communications as assigned |



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| | Course Outcome 3 | Learning Objectives for Course Outcome 3 |
| | 3. Develop and implement self-reflection processes to increase self-awareness and enhance communication and interpersonal skills | 3.1 Assess personal communication skills, knowledge and personal well-being on an on-going basis and reflect on the impact of these factors on one's own behaviour 3.2 Use reflective tools to learn from and gain insight from interactions with others 3.3 Examine the impact of self on others and ensure that interactions are consistent, constructive and positive 3.4 Identify and consider how personal values, beliefs, opinions and one's own social location and experiences may impact interactions with others 3.5 Identify and use strategies to prevent and/or combat communication barriers and interpersonal conflicts |
| | Course Outcome 4 | Learning Objectives for Course Outcome 4 |
| | 4. Develop and implement strategies to support personal and interpersonal growth and competence | 4.1 Seek and use formal and informal opportunities and ongoing feedback to enhance growth and competence 4.2 Determine current skills and knowledge through self-assessment, reflection and collaboration with others 4.3 Identify personal and interpersonal goals and evaluate progress on an ongoing basis |

Evaluation Process and Grading System:

| Evaluation Type | Evaluation Weight |
|------------------------|--------------------------|
| Assignments | 20% |
| Exercises/Reflections | 40% |
| Tests | 40% |

Date: June 21, 2024

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.