**CSK 2213 RELATIONAL COMMUNICATION**

This course explores communication patterns in the development and deterioration of interpersonal relationships. Functional and dysfunctional communication behaviours in family relationships and others relationships are explicitly explored. Theories on interpersonal relationships are explored to help students gain an understanding the role of relationships in human communication.

**Course Content:**

Introduction

Communication in relationships  
The importance of communication in relationships  
Barriers to effective communication in relationships  
Overcoming barriers communication in relationships  
Understanding yourself to others  
Understanding relationships  
The dynamics of relationships  
Relating with friends and family  
Developing positive relationships

Types of relationships  
Strategies for avoiding negative relationships   
How to end a negative relationship  
Handling peer pressure  
Making and keeping family relationships strong  
Balancing family and work  
Roles of family and work  
Roles of family members, family   
Structures and communication  
Principles of social relationships

**Learning Outcomes:**

By the end of the course students should be able to:

1. Understand the underlying principles that affect relations
2. Define the relations broadly
3. Set environments for effective relations

**Course assessment:**

Extended coursework essay}

Group presentation} = 30%

Test}

Final Comprehensive Examination = 70%

(End of Semester)

**Instruction methods:**

Lectures

Case Studies

Group Discussion and Class Presentations

Activity Research Work

**References**

Parnell. F. B. (2004), Skills for Personal and Family Livings. Illinois. The Good heart willcox company

Masinde J.B (2009), Retaining the Honey after the Honeymoon. Nairobi. Flame Keepers Publishing Company.