

GE2223: INTERPERSONAL SKILLS AND POSITIVE PERSONAL DEVELOPMENT

Effective Term

Semester A 2025/26

Part I Course Overview

Course Title

Interpersonal Skills and Positive Personal Development

Subject Code

GE - Gateway Education

Course Number

2223

Academic Unit

Social and Behavioural Sciences (SS)

College/School

College of Liberal Arts and Social Sciences (CH)

Course Duration

One Semester

Credit Units

3

Level

B1, B2, B3, B4 - Bachelor's Degree

GE Area (Primary)

Area 2 - Study of Societies, Social and Business Organisations

Medium of Instruction

English

Medium of Assessment

English

Prerequisites

Nil

Precursors

Nil

Equivalent Courses

Nil

Exclusive Courses

Nil

Part II Course Details

Abstract

Interpersonal relationship and positive self-development are an important aspect of the whole person development advocated by the CityU. Hence, students studying at CityU should not only develop their knowledge/expertise of chosen areas of study, but also enhance their personal development. This course aims to equip students with professional knowledge and skills to manage interpersonal interactions and for positive self-development. Students will learn and discover for themselves various ways of (1) effective communication both at school and at home; (2) stress and time management for school work as well as other types of school activities. Students will also do role-plays and group projects about the taught subjects.

Course Intended Learning Outcomes (CILOs)

CILOs		Weighting (if app.)	DEC-A1	DEC-A2	DEC-A3
1	Explain the psychological, social, and ethical factors on interpersonal relationships (e.g., conflict resolution theory, transactional theory, triangle theory of love, etc)	25	x	x	x
2	Explain the psychological, social, and ethical factors of effective communication (e.g., empathic listening, perspective-taking, assertive communication, etc.)	25	x	x	x
3	Explain the psychological, social, and ethical factors on personal growth (e.g., self-concepts, stress management, time management, etc.).	25	x	x	x
4	Apply the theories in their daily life to enhance self-growth and personal development.	25	x	x	x

A1: Attitude

Develop an attitude of discovery/innovation/creativity, as demonstrated by students possessing a strong sense of curiosity, asking questions actively, challenging assumptions or engaging in inquiry together with teachers.

A2: Ability

Develop the ability/skill needed to discover/innovate/create, as demonstrated by students possessing critical thinking skills to assess ideas, acquiring research skills, synthesizing knowledge across disciplines or applying academic knowledge to real-life problems.

A3: Accomplishments

Demonstrate accomplishment of discovery/innovation/creativity through producing /constructing creative works/new artefacts, effective solutions to real-life problems or new processes.

Learning and Teaching Activities (LTAs)

LTAs		Brief Description	CILO No.	Hours/week (if applicable)
1	Lectures	Students will engage in formal lectures to gain the key concepts, theories and skills such as self-concept, conflict resolution theory, transactional theory, triangle theory of love, stress and time management skills, and assertive communication skills.	1, 2, 3	
2	Class Exercises	Students will participate in taking psychological tests, joining class exercises in small groups, and skill practice in role-play, etc.	1, 2, 3, 4	
3	Peer Discussion	Students will engage in structured discussions to consolidate their learning and self-understanding and actively participate in peers' presentations to increase their knowledge.	1, 2, 3, 4	

Assessment Tasks / Activities (ATs)

ATs	CILO No.	Weighting (%)	Remarks ("-" for nil entry)	Allow Use of GenAI?	
1	Class assignments	1, 2, 3, 4	20	-	Yes
2	Group project and presentation	1, 2, 3, 4	40	-	No
3	Term paper	1, 2, 3, 4	40	-	No

Continuous Assessment (%)

100

Examination (%)

0

Assessment Rubrics (AR)**Assessment Task**

1. Class Assignments

Criterion

1.1 Ability to apply relevant theories/concepts/skills to analyse/improve own interpersonal relationships

1.2 Level of reflection on interpersonal relationships and self-understanding shown

Excellent (A+, A, A-)

Excellent ability in application of theories and skills for positive interpersonal relationship is demonstrated. Very deep level of self-reflection/ self-understanding, and insight gained for positive personal growth are shown.

Good (B+, B, B-)

Demonstrate good ability to apply theories and skills for positive interpersonal relationship. Significant level of self-reflection/ self-understanding, and insight gained for positive personal growth are shown.

Fair (C+, C, C-)

Demonstrate adequate ability to accurately apply theories and skills for positive interpersonal relationships. A satisfactory level of self-reflection/ self-understanding and some insight gained for positive personal growth are shown.

Marginal (D)

Demonstrate limited ability to accurately apply theories and skills for positive interpersonal relationship. Limited level of self-reflection/ self-understanding, and minimal insight gained for positive personal growth are shown.

Failure (F)

Fail to show accurate application of theories and skills for positive interpersonal relationship and personal growth.

Assessment Task

2. Group Project and Presentation

Criterion

2.1 Ability to apply relevant theories/concepts/skills to analyze the selected topic on interpersonal relationships.

2.2 Capacity for articulating the learning gained for positive development in interpersonal relationships and self-growth

Excellent (A+, A, A-)

Demonstrate excellent ability to accurately apply relevant theories/concepts/ skills to analyze the selected topic on interpersonal relationships. Demonstrate excellent capacity for articulating the learning gained for positive development in interpersonal relationships and personal growth.

Good (B+, B, B-)

Demonstrate good ability to accurately apply relevant theories/concepts/skills to analyze the selected topic on interpersonal relationships. Demonstrate significant capacity for articulating the learning gained for positive development in interpersonal relationships and personal growth.

Fair (C+, C, C-)

Demonstrate adequate ability to accurately apply relevant theories/concepts skills to analyze the selected topic on interpersonal relationships. Demonstrate adequate capacity for articulating the learning gained for positive development in interpersonal relationships and personal growth.

Marginal (D)

Demonstrate fair ability to apply relevant theories/concepts/ skills to analyze the selected topic on interpersonal relationships. Demonstrate fair capacity for articulating the learning gained for positive development in interpersonal relationships and personal growth.

Failure (F)

Fail to apply relevant theories/ concepts/ skills to analyze the selected topic on interpersonal relationships. Fail to articulate the learning gained for positive development in interpersonal relationships and personal growth.

Assessment Task

3. Term paper

Criterion

3.1 Ability to analyze interpersonal relationships with accurate use of theories/concepts/skills

3.2 Capacity for integrating appropriate theories/concepts/skills to achieve positive development in interpersonal relationships and self-growth

Excellent (A+, A, A-)

Demonstrate excellent ability to analyze interpersonal relationships with accurate use of relevant theories/ concepts/skills. Demonstrate excellent capacity for integrating appropriate theories/concepts/ skills to achieve positive development in interpersonal relationships and self-growth

Good (B+, B, B-)

Demonstrate significant ability to analyze interpersonal relationships with accurate use of relevant theories/ concepts/skills. Demonstrate significant capacity for integrating appropriate theories/concepts/ skills to achieve positive development in interpersonal relationships and self-growth

Fair (C+, C, C-)

Demonstrate adequate ability to analyze interpersonal relationships with accurate use of relevant theories/ concepts/skills. Demonstrate adequate capacity for integrating appropriate theories/concepts/ skills to achieve positive development in interpersonal relationships and self-growth

Marginal (D)

Demonstrate fair ability to analyze interpersonal relationships with accurate use of relevant theories/ concepts/skills. Demonstrate fair capacity for integrating appropriate theories/concepts/ skills to achieve positive development in interpersonal relationships and self-growth

Failure (F)

Fail to show the ability to analyze interpersonal relationships with relevant theories/ concepts/ skills. Fail to show capacity for integrating theories/ concepts/skills to achieve positive development in interpersonal relationships and self-growth

Part III Other Information

Keyword Syllabus

Meeting new friends & self-understanding
 Getting along with roommates
 Cooperating in group work
 Resolving conflicts in group work
 Handling family tension
 Friendship
 Intimate relationship
 Stress management and time management
 Saying no and assertive training

Reading List

Compulsory Readings

Title	
1	Nil

Additional Readings

Title	
1	Johnson, D. W. (2014). Reaching out: interpersonal effectiveness and self-actualization (11th ed.). Boston: Pearson.
2	Trenholm, S., & Jensen, A. (2013). Interpersonal communication (7th ed.). New York: Oxford University Press.
3	岳曉東. 《做個A+青少年：積極心理學必修的8堂課》香港：香港城市大學出版社 2008年出版

Annex (for GE courses only)

A. Please specify the Gateway Education Programme Intended Learning Outcomes (PILOs) that the course is aligned to and relate them to the CILOs stated in Part II, Section 2 of this form:

Please indicate which CILO(s) is/are related to this PILO, if any (can be more than one CILOs in each PILO)

PILO 1: Demonstrate the capacity for self-directed learning

1, 2, 3, 4

PILO 2: Explain the basic methodologies and techniques of inquiry of the arts and humanities, social sciences, business, and science and technology

1, 2, 3

PILO 3: Demonstrate critical thinking skills

1, 2, 3, 4

PILO 4: Interpret information and numerical data

1, 2, 3, 4

PILO 5: Produce structured, well-organised and fluent text

4

PILO 6: Demonstrate effective oral communication skills

1, 2, 3

PILO 7: Demonstrate an ability to work effectively in a team

1, 2, 3, 4

PILO 8: Recognise important characteristics of their own culture(s) and at least one other culture, and their impact on global issues

1, 2

PILO 9: Value ethical and socially responsible actions

1, 2, 3, 4

PILO 10: Demonstrate the attitude and/or ability to accomplish discovery and/or innovation

1, 2, 3, 4

B. Please select an assessment task for collecting evidence of student achievement for quality assurance purposes. Please retain at least one sample of student achievement across a period of three years.

Selected Assessment Task

Group project and individual term paper on a topic taught in the course for enhancing interpersonal skills and positive personal development.