



Comm 8: Requirements for 3 Units

Keep this for your records.

Complete any **THREE** of the following **Communication Observation (CO)** activities:

- _____ Attend a meeting: School Boards, Supervisors, City Councils, committees, local Organizations, 12-step programs, etc.
- _____ Listen to an author lecture at a bookstore
- _____ Read or view famous speeches (Cabrillo Library, internet, etc.)
- _____ Attend any speech or lecture outside of your regular classes
- _____ Listen to and evaluate a sermon (30 min. maximum credit per experience)
- _____ Attend a workshop or seminar (many are offered on campus)
- _____ Observe a trial
- _____ Get involved in student government or political causes
- _____ Give a presentation, either on campus, at work, or in the community
- _____ Teach a lesson at a local school, organization, or business
- _____ Participate in an online group (30 min. max credit—up to 3 submissions)

Complete any **TWO** of the following **Cultural Communication (CC)** activities:

- _____ Experience a multicultural event with speakers, music, dance, etc. (2 hours max)
- _____ Visit an art gallery and evaluate the non-verbal messages (Cabrillo's Art Gallery is located under the library and has changing exhibits) (Cabrillo's Gallery – 30 min. max)
- _____ Practice your listening appreciation skills by attending a performance (2 hrs. max credit per event)

Complete any **THREE** of the following **Movie/Video (MV)** activities:

- _____ View communication skills videos in the Cabrillo Library (Unlimited # of submissions) (A list is available in Rm.1090 and on the Comm 8 website for online students)
- _____ View a current or rental film release and analyze communication examples (2 hrs. max credit per film)
- _____ View and analyze a TV documentary or political debate/commentary (2 hrs. max credit per show)

*NOTE: No more than 3 TOTAL submissions from the above two categories.

Complete any **TWO** of the following **Interpersonal Observation (IO)** activities:

- _____ Observe an interpersonal communication exchange involving strangers. (30 minutes max credit per observation—up to 3 submissions per semester)
- _____ Tutor a peer (Cabrillo has needs in several departments/programs)
- _____ Meet with a partner or your small group outside of class
- _____ Practice an oral presentation in front of someone else

Complete ONE Interview (INT) activity:

_____ Conduct an interview (talk to a public speaker, learn about family history from a relative, explore your career interests, etc.) (1 hour max credit)

Complete ONE Book Report (BK) Activity

_____ Read a book from the approved list on Blackboard Learning and complete a written report.

Complete ONE Communication Module (CM) Activity

(see individual modules for hours allotted If you a repeat Comm. 8 student, you must select a new module to complete each semester):

_____ Facing the Fear: Dealing with Speech Anxiety

_____ Scrambled Outlines

_____ Learning How to Use the Library

_____ Couples Communication

_____ Siblings and Communication, pt 1

_____ Siblings and Communication, pt 2

_____ “Thank You for Smoking” Movie Analysis

_____ Famous Speeches Analysis

Once the requirements above have been met, additional activities may be completed from the following list:

_____ Volunteer in communication related activities (coaching, reading to children, mentoring, etc)

_____ Participate in any additional activities from the lists above.

Make sure you have enough from all of the above areas. Keep in mind that you may not get credit in Comm 8 for any activity that you do in another class. Remember to keep an eye on the deadline for this class, which is the **THURSDAY BEFORE FINALS WEEK by 1:00 pm.**

Absolutely no late work will be accepted. Below is the number of hours you’ll need to get the grade you desire. Good luck and have fun!

46 – 51 hours = A

41 – 45 hours = B

36 – 40 hours = C

31 – 35 hours = D