In the Department of Communication Studies we believe that:

- Communication is central to the human experience
- Communication is how meaning arises and communion is formed.
- Communication is our fundamental tool for constructing more nearly perfect selves, more fulfilling relationships, and more just societies.
- Communication is a craft that can be learned through mindful and dedicated work.

We define our identity by describing the factors that build our St. Kate's community:

- Our department honors and strengthens women’s voices to confront and transform an unjust world.
- Our curriculum emphasizes analysis and practice to cultivate competent and responsible practitioners of oral, written and electronic communication.
- Our classrooms build community through group work and dynamic, inclusive discussion.
- Our faculty partner with students to create a collaborative relationship for learning.
- Our students engage with ideas, each other and the community to understand, develop and articulate informed positions.
- Our graduates employ their communication skills to work tirelessly toward the inextricably bound projects of self-fulfillment and global justice.

As a student in the Communication Studies Department, you’ll progress through four phases of coursework and learning:

1. Foundations
2. Intermediate
3. Advanced
4. Capstone

While you are encouraged to engage with the larger St. Kate's community as you progress through your major, some opportunities are especially fitting in conjunction with certain classes.

**COMM 1000 Introduction to Communication: Women and Social Change**

This class is your introduction to the scholarly field of communication. By studying the strategies of women’s suffrage movement in the United States in the early 1900s, you’ll gain an overview of the different ways to understand, analyze, and create effective communication that achieves results.

- Inspired by the work of early suffragettes? Explore the opportunity to join the League of Women Voters in St. Paul.
- Women were once considered unfit to hold elected office. St. Kate's has never bought into that myth. Consider becoming involved in student government on campus to exercise your voice and practice leadership.
What Can You Do with a Communication Studies Major?

Students who are nursing majors never get asked, “What are you going to do after college?” However, students who are Communication Studies majors hear that question a lot. When you study Communication, there isn’t just one career path ahead of you. Instead, there are many options. A recent survey conducted from the National Association of Colleges and Employers listed the top desired skills for entry-level job candidates as:

1. Verbal Communication Skills
2. Strong Work Ethic
3. Teamwork Skills
4. Analytical Skills
5. Initiative (Leadership)

A Communication Studies major at St. Catherine University will offer you both instruction and practice in verbal communication, teamwork in small groups, analytical skills while studying the impact of communication, and leadership experience as you explore persuasive strategies. Also, if you apply yourself and engage actively in your classes, you will graduate from this major with a strong work ethic, too. In other words, students who graduate with a Communication Studies major from St. Kate’s are likely to have the skills employers most desire, and therefore have the flexibility to choose any number of career paths.

With this great flexibility comes the burden of decision-making. You must decide where your interests lie and what skills you’ve developed to successfully seek careers in those fields of interest. Communication Studies graduates can pursue careers in advertising, public relations, media, nonprofit development, community advocacy, marketing, event planning, and much more.

To learn more about career options for Communication Studies majors, make an appointment to visit the Career Development office.

COMM 1020 Communication Dynamics in Personal Relationships

This course explores the communication that happens among people in relationships. You’ll examine your own sense of self and how it influences your interactions with others. You’ll also build your knowledge and skill set related to emotional expression, nonverbal communication, listening, conflict, and other facets of intimate communication.

- The best way to build relationships on campus is to get involved! Check out the Activities Fair to see what organizations you can join to develop a network on campus. Join the Communications Club which features a speaker series that connects current students with graduates.
- Examining a sense of self is often associated with exploring faith. Connect with Campus Ministry to learn more about options on campus.

COMM 1030 Speaking to Lead and Influence

In this course, you’ll learn the organizational and speaking skills you need to deliver effective messages that impact your audience. You’ll gain experience with delivering speeches to strengthen your voice and give you confidence that you can make a difference.

- Attend events on campus that feature visiting speakers, especially those focusing on gender, social justice, and questions of identity.
- Expand your horizons by looking for speakers and at other ACTC institutions. Check websites of Hamline, Augsburg, St. Thomas, and Macalester for speaker events that are open to the public. You can use the ACTC bus to get there.

COMM 2050 Media, Culture, and Society

You’re probably an avid consumer of media, but have you thought critically about the ways media impact your identity and our culture? This course gives you the skills and opportunity to see the media in a new light. You’ll learn to be a more critical consumer of media, and you’ll explore ways to create media to influence your intended audience.

- Extend your experience with media by becoming a volunteer for RadioHere, the St. Kate’s radio station. If you’re not ready to join, start by listening to the station at http://radiohere.stkate.edu.
- Check out the cultural events (theater, dance, speakers, music, films and more) at The O’Shaughnessy, a premier venue right on our own campus.

Consider these additional co-curricular activities during your Foundation learning.

ACADEMIC AND ADVISING CONNECTIONS

- Meet with your Advisor throughout fall semester — identify resources to get you on the right track for success.
- Engage in the TRW Salons … learn what it means to be an educated women in the liberal arts. Experience the tradition of meeting as a community of learners in Jeanne d’Arc Auditorium.
- Meet the faculty members and upper-class students in the Communication Studies department. Learn about the major and the flexibility this major offers to incorporate your unique interests.
- Appreciate the interdisciplinary opportunities to combine Communication Studies with other majors. Conduct a “what if” scenario on the Degree Evaluation link with your advisor. Explore double majors and or minor options. Communication Studies majors have great flexibility to build an academic plan suited to their interests.
- Meet with a Librarian to improve your research skills.
- Build your academic skills at the O’Neill Center for Academic
CAREER DEVELOPMENT
• Shadow or conduct an informational interview with a Communication Studies alum in a field you are considering. Contact Career Development for contacts and suggested questions.
• Apply for student employment or other jobs by logging into KatieCareer, completing your profile and searching for a position that matches your interest.

SOCIAL JUSTICE AND SPIRITUAL DEVELOPMENT
Learn about St. Kate’s mission of social justice
• Stop in at Community, Work and Learning office. Explore opportunities for employment off-campus with community organizations.
• Explore faith-in-action through volunteering or going on a Justice Learning and Outreach trip (January or March). Contact Campus Ministry Center.
• Attend the “Corn Bread and Chili Nights” in the MIPS office with members of the campus community and discuss pertinent multicultural and social justice issues that matter and impact our lives. (Free food!)
• Develop a regular practice of reflection and meditation. Take advantage of the campus environment — grounds, chapel, spaces you find solace.

COMMUNITY CONNECTIONS
• Get out and take in the rich Twin Cities arts culture: Minneapolis Institute of Arts (it’s free!), the Walker Art Center, Cedar Cultural Center, The Guthrie Theater and a host of wonderful smaller galleries and theaters.
• Use your St. Kate’s Involvement Planner to manage your time and involvements.

Consider a Double Major
Benefits include deeper learning and the development of integrative thinking skills to make important connections and apply different intellectual perspectives across courses and subjects. Talk to your advisor about your other interests and how to combine those in a double major.

Enhance your Communication Studies Major: Choose two (or more!)
• Apply for the Undergraduate Research Program. Work side-by-side with a faculty member on original research or project and earn a stipend; build your resume and/or experience for graduate school. Available in summer and academic year. Talk with your professors.
• Post Graduate National Fellowships and Scholarships Students seeking post-graduate fellowships and scholarships, including Fulbright, Rhodes, Truman, Marshall, Rotary and Goldwater can receive expert advice through a mentoring program. They can also receive funding to prepare materials for submission and interviews. The application process for these prestigious programs takes thoughtful planning and mentoring from faculty. PLAN AHEAD. Contact: Dr. Alan Silva, Assistant Vice President & Dean of School of Humanities, Arts and Sciences office, x6500
• Apply for the Assistantship Mentoring Program (AMP) for your junior and senior years. This program provides meaningful, well-paid student employment that challenges students to apply academic learning and prepare for their careers by working one-to-one with a staff or faculty mentor. Students participate in a scholarly community to apply academic and co-curricular learning in meaningful experiences that prepares you for life beyond college and gives them a competitive edge with employers and graduate schools.
• Apply for the Undergraduate Summer Research Program. Work side-by-side with a faculty member on original research and earn a generous stipend in one of these great opportunities to add to your resume and/or experience for graduate school. Year-long and summer opportunities are available.
• Present/submit a paper for one of the University scholarships or monetary awards including the annual Awards for Research and Creative Work (through the Abigail Quigley McCarthy Center for Women), Bonnie Jean and Joan Kelly Student Excellence Awards in Creative & Scholarly Writing and the O’Leary McCarthy Scholarship for Excellence in Undergraduate Writing. For more information on these two awards, go to Writing Intensive Program homepage on KateWay, then Student
COMM 2090 Communication and Conflict in Groups and Teams
Life is one long group project. Your ability to work well with others in groups and teams will impact your career and your quality of life outside of work. In this course, you’ll learn theory and skills to improve your experiences in groups, and you’ll put that learning to work while you accomplish goals with your own small group.

- Become more involved with the community of Communication Studies majors. Log into the Communication Studies Club blog to keep up with what other students in the major are talking about. http://katiescommunicate.wordpress.com/
- Want to put your skills related to group dynamics to work? Volunteer to help the Communication Studies Club host an event. Search for Katie Commstudies on Facebook to find out how to join the group.

COMM 3030 Rhetoric, Civic Participation, and Social Justice
We all know that free speech is a cornerstone of our society, but do we also understand how public discourse creates and influences our public decisions and public life? In this course, you’ll learn how to be a more active and effective participant in our democratic culture through your actions and communication.

- Many courses in the Communication Studies major required service learning. Consider extending your volunteer position beyond the semester’s end to play your part in making our community a better place.
- Learn how St. Kate’s alumnae have put their voices to work after graduation. Schedule an appointment to meet with a counselor in Career Development to identify alumnae and schedule times for informational interviews.

COMM 3100 Communicating Across Cultures, Identities, and Differences
Difference matters, and a good communicator is mindful of the way that difference impacts interactions and societal judgments. Through studying how cultures, identities and differences impact communication, you will develop strategies for effectively and ethically participating in an increasingly diverse cultural landscape.

- You can explore issues related to diversity and difference without leaving campus. Seek to attend a program presented by the Office of Multicultural and International Programs and Services (MIPS).
- One way to extend your examination of difference is to study in a different country. Visit the Office of Global Studies to plan a study-abroad experience. Attend the annual Study Abroad Fair in February.

Consider these additional co-curricular activities during your Intermediate learning.

ACADEMIC AND ADVISING CONNECTIONS
- If you are in your second year as a Day Student at St. Kate’s, attend the Second Year Celebration program in the fall, an important initiation event to your second year as an emerging scholar at St. Catherine University.
- Check out the Communication Studies Department’s web site through KateWay. Events, new courses and faculty interests, both scholarly or other, are listed there.
- Consider pursuing a second language as a minor or second major. Learning another language expands your understanding of another culture and prepares you for graduate school and communications-related careers.
- Attend the Study Abroad Fair in February. Explore study, internship, service-learning and field research opportunities abroad. Investigate what programs will satisfy requirements for your Communications major. (See highlighted box).
• Consider conducting research or writing for publication with a faculty member in the Undergraduate Research Program. Inquire about possibilities with faculty in the department. Apply to be a TA for a Communication Studies or other course.

CAREER DEVELOPMENT
• Apply for student employment, internships and jobs by logging in to KatieCareer, complete your profile and search for positions that match your interests. Meet with a Career Counselor. Take one of the interest inventories. Learn how Communication Studies majors apply their skills and knowledge in professions including communications, advertising, management, publishing, sales, healthcare, law, teaching and many more!
• Attend the annual Career Opportunities Fair in the fall. Learn about internships and employment opportunities.

COMMUNITY CONNECTIONS
• Learn important financial management skills; consider taking a financial management course. Consider enrolling in the 2-credit INDI 2994 course: Personal Financial Fitness. Learn how to develop and live on a budget. These are life skills for everyone.

SOCIAL JUSTICE AND SPIRITUAL DEVELOPMENT
• Act on our community’s commitment to justice through service-learning opportunities including Volunteers in Action, Justice Learning and Outreach trips and off-campus student employment such as America Reads.
• Join a student organization that fosters connections with our community at large.

COMM 3070 Gender and Rhetoric
How would your life be different if you were a person of the opposite gender? Our identities as women, men, and sexual beings are inextricably linked to our standpoints, and the messages we receive from media and culture have a direct impact on how we view and enact our gender performances. In this course, you’ll learn more about how your sense of self is related to your gender and what role your gender plays in your communication.
• This course is cross-listed as a Women’s Studies course. Have you considered taking any other Women’s Studies classes? These courses have a strong connection to issues related to gender as explored in COMM 3070.
• COMM 3070 is a writing intensive course that requires you to engage in scholarly research. Take this opportunity to challenge yourself academically by pursuing opportunities in the Antonian Scholars Honors Program or the Communications Honor Society, Lamba Pi Eta. Discuss criteria with your academic advisor. (See highlighted box)

COMM 3090 Communication in Organizations
Communication skills consistently top the list of qualities most desired by employers seeking good job candidates. What does it really mean to apply communication skills in a business, non-profit, or academic organization? In this class, you’ll explore a brief history of theory on communication styles in work settings, and then learn how cultural and critical perspectives can help you to better understand and select strategies for communicating effectively when working with others.
• You’ll be better prepared for your life after St. Kate’s if you gain experience working and communicating in different types of organizations. Follow up on any

Get Involved!!
Communication Studies Club
This club is open to Communication Studies majors, minors, and other friends of the department. Join Communication Studies Club to network with other students, connect with faculty outside of class, and participate in career-related, scholarly, and fun social events. Most events will be held on campus with an emphasis on accessibility to both Day and Evening/Weekend/Online students. Your participation can be at any level that works for you. Start by searching Facebook for Katie Commstudies or reading the Comm Studies blog at katie-communicate.wordpress.com

RadioHere
This volunteer on-campus internet radio station gives you the opportunity to practice and polish your communication skills both on the air or behind the scenes as you collaborate with other students to create radio shows, promote the station, and plan events. If you’d like to be on the air, you’re welcome to propose a show that focuses on either talk or music. To learn more about the station, start listening at radiohere.stkate.edu

ACTC Annual Student Film Festival (November)
This event is a celebration of students’ digital storytelling which typically receives 60-plus short films ranging from traditional narrative and documentary films to short shorts, experimental, and avant-garde work. Tickets are free to current ACTC students, faculty, and staff, but attendance is limited to the number of seats in the theater. Event takes place in November. Don’t miss it! Consider submitting your work. Go to actc-mn.org and click on Student Film Festival for more information.
Strive to become your best ...

Consider these significant honor societies, recognitions and distinctions:

Lambda Pi Eta is the National Communication Association’s official honor society at four-year colleges and universities. To be eligible to join Lambda Pi Eta, students must complete at least 60 credits and have a cumulative GPA of 3.0. They must also complete at least 12 credit hours of courses toward their Communication Studies major and have a GPA of at least 3.25 in COMM classes.

Phi Beta Kappa is the nation’s oldest and most prestigious undergraduate honor society which recognizes achievement in the liberal arts. Founded in 1776 at the College of William and Mary, it currently has 262 chapters. In 1937, The College of St. Catherine was the first Catholic college or university to be awarded a chapter. A potential member must major in liberal arts and sciences; be of high moral character; rank in the top 10 percent of her class as a senior or the top 7 percent as a junior; and demonstrate understanding of the liberal arts education. Usually about four juniors and 20 seniors are initiated annually. For more information, contact Art and Art History Professor Amy Hamlin, Chapter President or Biology Professor Martha Phillips, Secretary.

Antonian Scholars Honors Program (for Bachelor of Arts degree students) offers students of superior ability and motivation an opportunity to study and work with peers and with faculty mentors in a special designed program of the liberal arts. It is comprised of 4 interdisciplinary honors seminars or a combination of at least 2 seminars and pre-approved equivalents, and an independent research study conducted during the senior year. Contact your advisor for more information or see the Antonian Scholars Honors web site.

COMM 4604 Internship

As a Communication Studies major, you’re probably going to be asked, “Communication Studies, huh. What can you do with that degree?” You’ll rarely find a position called “Communicator” when you’re job searching, but you’ll also never find a job posting that says, “Communication skills not desirable in this job.” With a degree in Communication Studies, you have the background to be successful in any number of careers, but you also have the responsibility to find the career path that is right for you. An internship is an excellent way to explore fields that interest you and learn more about the skills you’ll need to be successful in your life beyond St. Kate’s. An internship is a structured out-of-class learning experience that takes place on or off campus and includes a substantial work component, and it can be an important starting point for your career planning.

• The starting point for initiating an internship is Career Development. Make an appointment with the internship coordinator, and be sure to allow yourself plenty of time to search for, secure, and formalize your internship.

• Attend the Annual Career Opportunities Fair on campus. Practice your interviewing skills for internships and employment opportunities and make contacts that can lead to internships in subsequent semesters.

COMM 4954 Independent Study

There is always more to explore about a topic than what can be covered in a semester-long course. If you’ve got an interest in learning more or further pursuing a research project from one of your COMM classes, you should consider engaging in Independent Study. You will meet regularly with a faculty member to report on your independent research and establish goals and deadlines for the work you’d like to complete.

• Perhaps you can turn your research interest into an on-campus work opportunity. Explore opportunities for research and teaching assistantships through the Assistantship Mentoring Program (AMP). Be aware that there are deadlines for application to AMP.

• The Reference Librarians at the St. Kate’s library are an excellent resource. Jim Newsome is the subject specialist for Communication Studies. Contact him for help in researching for your project.

Additional co-curricular opportunities to consider during your Intermediate learning

ACADEMIC AND ADVISING CONNECTIONS

• Check-in with your advisor about the progress you are making on your Communication Studies major.

• Explore opportunities for research and teaching assistantships through the Department TA program, Abigail Quigley McCarthy Center for Women and the Student Center and Activities office, Assistantship Mentoring Program (AMP).

• Explore the Undergraduate Collaborative Research Program opportunities with your advisor. Get one-on-one experience with a faculty member conducting research. Discuss opportunities now in order to plan appropriately. Explore opportunities to conduct a collaborative research project in areas that interest you.

• Include planning for a study-abroad experience; meet with staff in Global Studies then meet with your academic advisor. Make sure this plan fits in well with your overall program planning and graduation goals. (See highlighted box.)

• Continue to strive for a strong GPA that will enable you to be considered for...
Lambda Pi Eta, the Communication Honor Society, Phi Beta Kappa or other University awards and recognitions.

- Build your professional resume. Talk to your advisor how you can continue to build your discipline-specific skills and knowledge as well as other transferable skills to match your career objective.
- Continue to build your research skills: Librarians can help you find journal articles, books and more.

**CAREER DEVELOPMENT**

- Attend the Annual Career Opportunities Fair in the fall. Practice your interviewing skills for internships and employment opportunities.
- Identify graduate schools to apply. Utilize the graduate school resources the Career development library or on the Career Development web site. Attend the Graduate School Fair in October. Start the application process early — consider the application process like taking a course!

**LEADERSHIP and STUDENT EMPLOYMENT**

- Serve as an officer in the Communications Club or take a leadership position in another organization in which you belong.
- Develop your professional voice: attend networking and organizational meetings in which you interact with professionals in the field. As you engage in class debates, learn how to effectively assert your voice.

**COMM 4600 Leadership and the Art of Persuasion**

This course asks you to apply everything you’ve learned in prior courses to explore your potential to provide leadership. You’ll study leadership with the goal toward persuasive, ethical, and effective leadership communication skills. Class assignments — a personal leadership plan, a persuasive cover letter, a persuasive speech — provide you with practical opportunities for incorporating theory into practice.

- Consider attending an event through St. Kate’s Leadership Institute. Some of the events are free for current students. Schedule of events is available at stkate.edu/leadership.
- If graduate school is in your future, talk with Communication Studies faculty about how to select a graduate program that’s right for you. Begin planning your application timeline. Meet with a counselor in Career Development for help with your application.

**COMM 4850 Senior Seminar**

This course is designed to give you the opportunity to reflect on what you’ve learned in your Communication Studies experience and to begin moving forward into your life after St. Kate’s. You will work with a small group to bring speakers to the class setting to talk about professional challenges and possibilities in fields related to communication. You will also celebrate the end of your progression through the Communication Studies major at a party where your family and friends are welcome to meet your faculty members and classmates.

- Consider creating an electronic portfolio to highlight your skills and accomplishments. See the eFolioMinnesota web site at: www.efoliominnesota.com for information. Wondering what to include in a portfolio? Meet with one of the career counselors in Career Development!
- Watch for the annual Pathways event coordinated by Career Development. Every third year, the rotating topic is Pathways to Communications Careers.

**Celebrating and experiencing Catholic Identity ...**

St. Catherine fosters an understanding of its Catholic mission by drawing upon its rich social, intellectual and sacramental traditions and celebrating the values and ideals of the CSJs. St. Kate’s also welcomes the values and traditions of students, faculty and staff. According to the University’s Roman Catholic Identity statement, “we seek to promote through our student services, campus ministry, administration, faculty and staff, a common search for wisdom and the integration of our daily lives and work with our spirituality. Without being exclusive of other spiritual traditions, we will continue to ask ourselves how this Catholic heritage enhances the people we serve and the wellbeing of our planet.” Here we highlight four important aspects of the Catholic tradition:

**Dignity of Every Person**

To believe every person in our local, national, and global community has a sacred value, and worth that is immeasurable and should be honored, cherished and respected in our daily life.

**Sacramental experience of Beauty**

To develop a sense of appreciation for beauty as an expression of the sacred.

**Working toward the Common Good**

To participate as a responsible member of the University community and every community to which you belong where the common good is created by the care of self and others. This conviction focuses our actions towards improving the greater good.

**Creating a Spirit of Hope**

To cultivate the belief that positive change is possible through collaborative efforts and spiritual guidance.
Consider these co-curricular activities during your Capstone learning.

**ACADEMIC AND ADVISING CONNECTIONS**

- Meet with your academic advisor to prepare for graduation by reviewing the Degree Evaluation and the Academic Catalog. Make adjustments as necessary to make sure you are graduating in the timeline you have developed. (Go to Student tab in KateWay, link to Degree Evaluation.
- Complete and submit the “Declaration of Intent to Graduate” form by November 30 if you are graduating in May. Go to KateWay, My Education tab.
- Consider submitting work for the annual Abigail Quigley McCarthy Center for Women Annual Awards for research, writing and leadership or other campus-wide writing awards.

**CAREER DEVELOPMENT**

- Meet with a Career Counselor to ensure you have developed a job search plan; practice your interviewing and networking skills. Connect with alums and attend events sponsored by professional organizations. Use your Career Development “Senior Planner” to help you successfully plan this year.
- Attend the annual Career Opportunities Fair (fall) and the Minnesota Private College Job & Internship Fair (spring). Build your skills by talking with employers. Identify job and internship opportunities.
- Attend the Twin Cities Graduate School Fair. Make sure you are aware of deadlines and application procedures if you plan to attend graduate or professional school. Complete graduate school applications if you hope to attend in fall semester of the next year. Explore scholarship available for graduate school. View web sites in Career Development and Financial Aid.
- Refine your professional resume. Meet with a career counselor to learn effective interviewing skills and how to articulate the values and skills of your liberal arts/professional education. Attend the Government and Non-Profit Job Fair.
- Identify faculty and staff on campus who could serve as references for your job search. Make sure you develop appropriate time lines so that you are able to meet deadlines for completed applications.

**LEADERSHIP DEVELOPMENT AND STUDENT EMPLOYMENT**

- Mentor other students for leadership roles within the department and in student organizations to which you belong.
- Serve as a TA in the department.

**COMMUNITY CONNECTIONS**

- Consider post-graduate service to further live out St. Kate’s commitment to social justice. Learn about these opportunities at Community Work and Learning.
- Attend the Money Management workshops on budgeting, identify theft, repaying your loans, etc. Develop sound money skills for life after graduation. These skills will serve you well — now and after graduation. If you would like one-on-one guidance to create a budget that incorporates your student loans, contact Colleen Anson, Certified Financial Counselor, 1-888-577-2227. Be sure to mention you are a St. Kate’s student.
- Take time to reflect on the amazing education you have received; for the compassionate faculty who have nurtured your skills, knowledge, and passion for the arts, for those who have provided meaningful mentoring throughout your education and for the holistic education you have experienced at St. Kate’s.
- Celebrate graduation and all your accomplishments: attend the department’s celebration for graduating seniors. In the spring, attend the annual Honors & Awards ceremony as well as the significant rituals including the Hooding Ceremony and Commencement.
- Become orientated to Alumnae Relations, and learn how to be an active and supportive alumna of the University.