

COMMUNICATION PACKET

TEACHER BACKGROUND:

The goal of this collection of resources is to enable students, who are interested, to improve their communication skills. Problems in communicating with their parents, peers and those in authority are very common for teen-agers. We know that communication is the lifeblood of any and every relationship and the quality of the communication in a relationship determines the quality of the relationship.

The four divisions of this packet and the goals and specific objectives of the various activities and information they contain are:

VERBAL COMMUNICATION

- sharing tips for more effective communication
- exploring factors which block verbal communication of feelings
- relate the importance of clear communication in the deepest and most personal relationships
- viewing and improving our daily habits and patterns of communicating
- growing in empathy
- growing in self-awareness
- appreciating personal relationships more
- exploring and eliminating causes of faulty communication
- learning about the various levels of communication

NON-VERBAL COMMUNICATION

- increasing awareness of the body overall as communication of messages
- growing in responsibility and effectiveness for use of, and results of, non-verbal communication
- to learn more about meanings of signs, symbols, gestures
- growth in sensory awareness
- seeing body language as indicators of behavior

LISTENING

- enabling to become a more effective, caring listener
- providing tips for better listening habits
- imparting specific skills for active listening
- increasing awareness of the important healing value of listening in relationships
- transcending false understandings of what listening is

- appreciating more deeply the people in our lives who listen to us
- inspiring to desire to become a better listener

DEALING WITH CONFLICT

- understanding that conflict is neither right nor wrong - it is a natural and necessary part of life

STUDENT WILL:

- analyze attitudes and knowledge about conflict;
- devise a working definition of the word "conflict";
- learn management techniques for resolving conflict;
- analyze social and psychological reasons for conflict in their own lives;
- learn how human needs, unsatisfactorily dealt with, can lead to more complex conflict situations;
- identify sources of conflict;
- explore alternatives available in resolving conflict situations;