

Session - 8
“What You Say”

Goals

- To develop positive communication skills through words and behavior
- To explore ways to bridge the gap in communication between adults and children
- To explore non-verbal communication skills

Materials

Activity 1
Activity 2
Activity 3
Worksheet 1

Procedure

Greet the students. Wait until the students are seated and quiet. Reintroduce yourself to the students if necessary. Briefly describe the goals of today’s lesson.

Script

Good morning. Does anyone remember what we talked about during our last visit? (Give the students a chance to respond).

One of the most important things we have to do, whether at school, work, home, etc., is communicate with others. Today we will talk about the Communication skills. Communication is a giving and exchanging of information. What are some ways that we communicate with one another?” (Examples if needed: Talk face to face; telephone; write letters, text, use the computer; send faxes, etc.)

Good communication takes a lot of time and work to develop. In today’s lesson we will consider ways to better communicate.

Have the students complete Activity 1. If there is time, approach non-verbal communication skills by going over Worksheet 1 and Activity 2.

Closing the mentor session:

“Our time is almost up. Who would like to summarize our session today? Are there any questions before we go? I have really enjoyed meeting with each of you. Thank you for allowing me to spend time with you today and I look forward to our next meeting.”

“I should see you again on _____ . Have a good day and a good week.”

Session 8

Activity 1: Hip Vocabulary List

There is an obvious generation gap between teenagers and their parents. Actually, most adults feel like they don't speak the same language as their kids. The communication breakdown is most apparent in our music. Let's attempt to bridge that gap. Break into groups of 3 or 4. Be sure to select words you feel the adults in your life don't know. Define the words and then use them in a sentence.

Activity 2: Am I Lying?

Write three statements about yourself. Two of the statements should be true. The other statement should be false. Choose a partner to work with. Take turns reading your statements to one another. Listen to each other. Try to guess which of your partner's statements is false. Circle True or False after listening to each of your partner's statement. Then read and discuss the activity sheet "Non-verbal Body Language" with your partner. Read your statements to each other again. Is it easier to tell which statement is false?

Activity 3: "I" Messages

Read the situations listed below. Complete the following examples – using the 4 step "I" message format.

Session 8

Activity 4: Virginia Hero

Cyrus Hall McCormick, Sr. (February 15, 1809 – May 13, 1884) of Rockbridge County, Virginia was an American inventor and founder of the McCormick Harvesting Machine Company, which became part of International Harvester Company in 1902.

He was born at "Woodridge", the McCormick family farm in Rockbridge County, Virginia, in the Shenandoah Valley on the western side of the Blue Ridge Mountains. His parents were Mary Ann Hall and Robert Hall McCormick. His siblings included: Leander J. McCormick and William Sanderson McCormick. He got his influence from his father who patented early versions of the reaper, which were unsuccessful.

His father, the inventor Robert Hall McCormick, worked for 16 years on a horse-drawn reaper. However, he was not able to finish his project and stopped developing it. Cyrus was given the project, and developed a final version of the reaper in 2 months. The reaper was demonstrated in tests in 1831 and was patented by Cyrus in 1834.

McCormick died in Chicago in 1884, he had been an invalid for the past three or four years. The company passed on to his grandson, Cyrus Hall McCormick III. The McCormick factories were later the site of urban labor strikes that led to the Haymarket Square riot in 1886.

www.wikipedia.com

Activity 5: Stress Relief

Coloring Book

Art therapy! Get out your box of crayons and mindlessly play with color. You can buy a coloring book or simply doodle. Try scribbling pictures that express your mood. And remember, it doesn't matter if you color inside the lines or not. If you're developmentally beyond crayons, try colored pencils, bright markers, or watercolors.

Activity 6: Virginia Trivia

The states of Kentucky & West Virginia were formed from sections of the state of Virginia.