

Session 7
“Communication” – 1

Goals

- Students will understand that communication can be effective or ineffective
- Students will identify their communication style
- Students will develop positive communication skills through words and behavior.

Materials

Worksheet 1
Worksheet 2
Activity 2
Activity 3

Procedure

Greet the students. Wait for the students to be seated and quiet. Ask one of the students to recap the lesson on Decision-making and Choices. Introduce the lesson for today.

Script

Communication skills are needed in every aspect of a person’s life. When you go to apply for a job it is important that you can express yourself well. In personal relationships, breakdowns in communication are often the cause of arguments and misunderstandings among friends and relatives. In this session we will take a look at some road blocks and building blocks to effective communication. Great communication skills will aid in your success in school now and all your future endeavors.

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Activity 1 instructions: Roadblocks to Effective Communication

One of the most difficult things to do when you are angry is to communicate effectively. Read through the road blocks to effective communication. Let’s look at some road blocks to effective communication. It’s easier to avoid them when you know what they are.

Review the road blocks and prepare to demonstrate at least one of them to the class.

Activity 2 instructions: Communication Skills Practice

Communication skills are important in many different settings. Enhancing your skills could benefit you at home, school and work. Have you ever needed to ask your parent or guardian an important question and not known how to ask? Have you ever wanted to communicate something serious to one of your best friends and felt like you didn’t know how to go about it? Have you ever needed to get an important point across to your teacher or boss and felt ineffective? Well let’s practice!

Activity 3 instructions: Effective Communications

Choose television or movie characters who you feel best exemplify a positive and/or negative communication style. Write down why you chose the characters that you did. What kind of communicator are you? Explain why you consider yourself a positive or negative communicator.

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Activity 4: Quote

Read the quote. What do you think the author was trying to say? Do you agree with the author?

*“ I have found thoughts and words
To be the foundation for success and failure in life.
I’m teaching my kids when to
Whisper and When to Shout.”*

*Diana Ross (born 1944)
American Entertainer*

Activity 5: VA Hero

Katherine Ann “Katie” Couric (born January 7, 1957) is an American media personality and the anchor and managing editor of the CBS Evening News, 60 Minutes Correspondent, and CBS News Primetime Specials Anchor. On September 5, 2006, she took the anchor chair at CBS and became the first female solo anchor of a major evening television network newscast in the United States. Couric was born in Arlington, Virginia to Elinor Hene, a homemaker, and John Martin Couric Jr., a journalist at The Atlanta Journal-Constitution and the United Press in Washington. Couric’s father was Episcopalian and her mother was Jewish. Couric attended Yorktown High School. Couric enrolled in the University of Virginia in 1975, graduating in 1979 with a degree in American Studies. She was a sister in the Delta Delta Delta sorority. At the University, she served in several positions at the school’s award-winning daily newspaper. During her fourth year at the University, Couric was chosen to live as Head Resident of The Lawn, the heart of Thomas Jefferson’s academic village (“a thriving neighborhood, a close community of faculty members, families, and students” at UVA).

Activity 6: Life Skill

Always say thank you when given something. Say thank you within three seconds of receiving something from someone. There is no excuse for not showing appreciation. Say thank you whether you really like the object or not.