

Chapter 6 Lesson 3: Communicating Effectively

Introduction

Effective communication is the key to healthy and satisfying relationships with your peers, teachers, and family members. In this lesson, you've learned about different ways to communicate, some of which work better than others. No matter how well you express yourself, however, you are not communicating with another person until you are a good listener as well. You can learn more about how to listen by visiting the Web site below.

Links to Explore:

Study Guides and Strategies: Active Listening

<http://www.studygs.net/listening.htm>

Directions:

- Follow the link above to the Active Listening page.
 - After you have read this page, answer the following questions:
1. Is active listening designed for the listener to effectively express his or her ideas, feelings, or opinions? Why or why not?
 2. When listening actively, you repeat back in your own words what the other person has said. Does this mean that you agree with the speaker? Why or why not?
 3. If you have a strong emotional reaction to the speaker's message, how should you deal with it?
 4. As an active listener, when do you get the chance to express your ideas or feelings?
 5. What body position indicates that you are interested in what the speaker has to say?
 6. What three steps help you confirm that you have understood the speaker?

Answers:

1. No. Active listening is centered on the speaker.
2. No. It is just a way be sure you understand the speaker.
3. Suspend your emotions until later, or passively participate until you can control your emotions.
4. After you are sure the speaker has said all he or she wants to say, and you are sure you fully understand the speaker's ideas and emotional state
5. Leaning forward
6. Restate, summarize, and ask nonthreatening questions.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Nonverbal Communication

<http://members.aol.com/nonverbal2/nvcom.htm>

Family Works—Building Supportive Relationships_

<http://www.urbanext.uiuc.edu/familyworks/teen-04.html>