LEARNING TO COMMUNICATE

GOALS:

- That the students recognize that effective communication makes possible the enriching relationships that God intends for all people.
- That they understand the basic principles of effective communication
- That they identify their own need to communicate effectively
- That they identify personal relationships that would benefit from the application of newly developed skills

OBJECTIVES

Session 1: “Being with Others”
The students will do the following:
- Identify their communication patterns
- Explore the need for effective communication
- Discuss various methods of communication
- Learn guidelines for good communication

Session 2: “Expressing Yourself”
The students will do the following:
- Recognize and practice nonverbal and verbal self-disclosure skills
- Identify something they individually want to express to someone

Session 3: “Listening Carefully”
The students will do the following
- Learn skills for active listening
- Practice active-listening skills
- Identify someone in their life who needs them as a listener

Session 4: “Responding Kindly”
The students will do the following:
- Develop the skill of giving and receiving compliments
- Develop the skill of giving and receiving constructive criticism
Session 5: “Resolving Conflicts”
The students will do the following:

➢ Identify the benefits of conflict resolution
➢ Learn the steps of conflict resolution
➢ Use prayer as a way to focus on a specific situation in their life that calls for reconciliation

Session 6: “Moving Ahead”
The students will do the following:

➢ Identify effective and less effective levels of communication
➢ Analyze communication between themselves and adults
➢ Practice communicating maturely
➢ Prayerfully consider their need to effectively be with others in their life