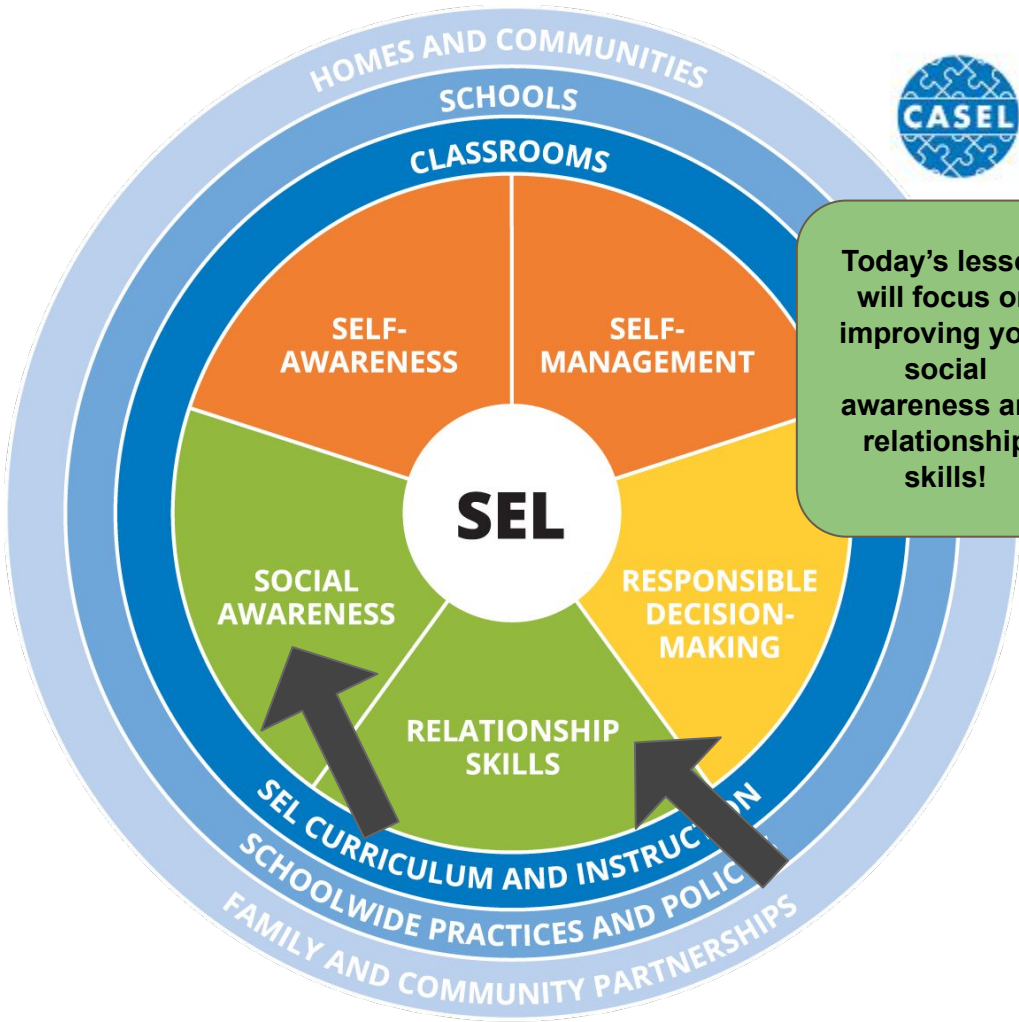

Effective Communication in Hybrid Learning





Collaborative for Academic, Social, and Emotional Learning



Today's lesson will focus on improving your social awareness and relationship skills!

Benefits of SEL



Better academic performance



↑ Improved attitudes and behaviors



↓ Less negative behaviors



↓ Reduced emotional stress

What are communication skills?

- ★ Communication skills are the abilities you use to give and receive different kinds of information.
- ★ These skills are essential when working with others in person and virtually.
- ★ Examples include volume, clarity, empathy, respect and understanding nonverbal cues.
- ★ You use these skills to communicate ideas, feelings, tasks and events.



Why is communicating effectively so important?

Watch this video before moving on!

Mrs. Sheehy- Guidance Counselor- explains why communication is so important!

<https://youtu.be/b7o7VSsYj88>

So, what does effective communication entail?



Being a Good Listener

- ★ Listening is a skill like anything else, so the more you practice, the better you'll become.
- ★ Really hearing others requires a commitment to empathy and a willingness to understand someone else's feelings and point of view.
- ★ Good listening is easier if you can be open and hear without judgment. In short, listening well builds strong relationships because it shows that you care.
- ★ We've all been guilty of ***pseudo listening***, or half listening, especially via Zoom. With so many distractions in our environment, it's easy to fall into pseudo listening. Let's break that habit! (Let's be real, it is easy to spot when someone is looking at their phone or another internet tab when we are on Zoom!)

What does REAL listening look like on Zoom or in the classroom?

On your own, write the following on a piece of paper or google doc to share in the next live advisory or with your peers:

1. What are 3-4 signs of body language, words, topics, verbal cues, etc. that make you know someone is really listening?
2. What has been the best and worst part of communicating remotely?
3. What is the best and hardest part of communicating in person?

Communicating with Teachers



- ★ Listen carefully and actively, whether on Zoom or in person.
- ★ Talk clearly and concisely, and do not be afraid to ask questions.
- ★ Asking for help will help not just you, but your teacher, and your peers online and in person.
- ★ Make sure you know and understand your teacher's rules and guidelines on speaking up in this new hybrid model- each teacher might have a different routine or method for working with both on and offline students.
- ★ Speak up and if you do not feel comfortable doing so because it is newer for you, talk to your teacher about your comfort level in speaking in person and online.

Communicating with Teachers (Cont)

- ★ Sharing some of your needs, feelings, thoughts and experiences creates more closeness and mutual commitment. You don't have to disclose everything that you are thinking or happens to you, just enough for the other person to feel trusted and let in.
- ★ Remember, your teacher is not a mind reader, so if anything makes you feel confused or you could not understand, please speak up and let them know

Communicating with Peers

- ★ You and your peers have all been out of the “school in person” ball game for awhile, you are not alone.
- ★ Keep in mind some peers and even some teachers will be really nervous to be back in person and talking face to face.
- ★ Be mindful and respectful of your social distance to others in the classroom.
- ★ Be aware that students in person and online all want and need to be communicated with, so make sure you interact with all peers, whether they are sitting right next to you or are on the screen in front of you.
- ★ The more you let people in and the better they know you, the less alone you’re likely to feel.
- ★ Start small: saying hello, being an active listener, acknowledging someone’s comment, waving to someone, it goes a long way.
- ★ Keep an open-mind to what peers are saying and going through around you.

Emotions Behind Masks!

How will you communicate effectively with a mask on? Here are some tips!



- ★ Get the teacher or your peer's attention before speaking: raising hand, hand signal, in the chat, etc. No one knows you are about to speak when you have a mask on or when we are online!
- ★ Face others directly or look at them directly when your mask is on or you are maintaining a social distance.
- ★ Talk a little bit louder without shouting.
- ★ Body language is helpful! Masks inhibit the ability to read facial expressions. Because of this, consider ways to communicate through body language, such as a thumbs-up, an OK gesture with their fingers, or even by holding up a sign with a smiley face!

Communicating with a mask on....some tips



- ★ Get a comfortable mask so that you can focus, listen, and talk effectively when needed.
- ★ Amplify visual and verbal cues to enhance expression and meaning
- ★ We all might have to repeat ourselves, and that's ok! It is much harder to understand and hear one another with masks on, if you need to repeat yourself or ask your teacher to repeat themselves, go for it. It is all good.
- ★ Keep an open mind and positive intent since we really don't know how each other is looking or feeling under our masks.
- ★ [Watch one of the following videos: How to Communicate Better While Wearing a Mask](#) OR [Masks Can Cause Communication Challenges](#)

Communicating Problems



Watch this video to learn a few key points about communicating problems and to finish up the lesson:

https://youtu.be/0D_ID4p3auY

Highlights:

1. Share- try not to keep it to yourself!
2. Find someone you trust
3. Be direct
4. Don't make assumptions
5. Having emotions it what makes you, you!

Your Goal

- ★ Think of one way you can improve your communication in the classroom or remotely. Be prepared to share this goal.
- ★ Take small steps to achieve your goal, and start small if needed
- ★ If you are having a hard time communicating effectively, feeling included in communication, or feeling heard, let your teacher know!
- ★ The key is: communicate.

WE ARE HERE FOR YOU!

