

**EPISODE THREE/
COMMUNICATION**

HOST - LIZ BLUME

CO HOST - JONATHON MCDANIEL

GUEST - STEPHANIE GORE



NAME

CLASS

DATE

This week's episode focuses on communication, an important skill that we use every day. There are a variety of forms or ways to communicate, but we usually think about verbal communication like when we use our voice to talk. However, there are many other forms, such as: text messaging, facial expressions, American Sign Language, e-mail, and the list goes on. We use these different forms of communication to share our ideas, feelings, tell stories or to even ask questions.

Q What forms of communication do you use on a daily bases?

A

Jonathon states that communication is a basic human need as we are social creatures and it is in our nature to communicate. He says communication can also be non-verbal through our body language, facial expressions, and sign language. We notice these forms of communication not by listening, but by focusing on the person who is speaking to us. Sometimes a person's non-verbal communication can give away more information than there verbal communication.

Q What is another type of non-verbal communication?

A

Ms. Stephanie agrees that communication is essential, no matter what form of communication we are using. It is important in every aspect of our lives whether it is communicating with family members or in a classroom setting or when transitioning into our adult lives. Communication helps build relationships and friendships and is essential in everyday functions.

Q In what aspects of your life do you think communication is essential?

A

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Jonathon asks Ms. Stephanie "How do I communicate with my teachers without feeling afraid?" She says by using communication to advocate for yourself and encouraging students to use their voice and speak up when it is needed. Ms. Stephanie uses the example, "When you have a question about the assignment, your classmates or peers generally have the same question. So, it just takes one person to raise their hand to ask for clarification or to repeat something". An important takeaway is don't be afraid to ask for what you need.

Q Are you afraid to ask for what you need in the classroom? Why/ why not?

A

Jonathon says listening and communicating goes hand-in-hand. Active listening is a skill that you master over time. To be a good active listener it is important to have good eye contact and to give non-verbal gestures which communicate back to the speaker that you understand them. For instance, head nodding lets a person know you are listening to them and you understand what they are saying. Another part of active listening is to ask appropriate questions. This gives feedback to the speaker which can help them convey their message more effectively, just make sure not to be interruptive.

Q What part of active listening do you need to practice and how will you practice this?

A

LIZ'S PODCAST CHALLENGE

You all are working on a project together and it involves a picture slide show. Since Liz is blind, how will you communicate what is on the slide show to her?

"Being a great leader is being able to communicate effectively."
Share with us how you are becoming more responsible by emailing me at ILAPodcast@abilitysc.org.

Thank you for listening!