

## **Suggested Development Activities for COMMUNICATION**

- Words are powerful. Commit to using them positively for one week by refraining from any criticism, blaming, gossip, or foul language.
- Go to lunch or on a walk with a friend. Ask thoughtful questions to encourage them to talk about their experiences and feelings and then practice active listening skills.
- Take an opportunity to speak in public, find an opportunity to assist with a presentation, or with your instructor's permission, lead a portion of class like warm-ups or stretching.
- Read the passage included at the end of this section out loud in front of a mirror and practice the public speaking skills you learned this month.
- Create your own communication development exercise. Talk to a parent, a teacher, or your instructor if you need additional suggestions.

"Did you ever stop to think that the dog is the only animal that doesn't have to work for a living? A hen has to lay eggs, a cow has to give milk, and a canary has to sing. But a dog makes his living by giving you nothing but love.

When I was five years old, my father bought a little yellow-haired pup for fifty cents. He was the light and joy of my childhood. Every afternoon about four thirty, he would sit in the front yard with his





beautiful eyes staring steadfastly at the path, and as soon as he heard my voice or saw me swinging my dinner pail through the buck brush, he was off like a shot, racing breathlessly up the hill with leaps of joy and barks of sheer ecstasy.

Tippy was my constant companion for five years. Then one tragic night - I shall never forget it- he was killed within ten feet of my head, killed by lightening. Tippy's death was the tragedy of my boyhood.

You never read a book on psychology, Tippy. You didn't need to. You knew by some divine instinct that you can make more friends in two months by becoming genuinely interested in other people that you can in two years by trying to get other people interested in you. Let me repeat that. You can make more friends in two months by becoming genuinely interested in other people that you can in two years by trying to get other people interested in you."

*Dale Carnegie, How to Win Friends and Influence People*

