Lesson 2;

Activity 1:

Rank the principle of communication from the most to the least important according to what you have understood from the lesson, when writing your explanation why you should say so. Use the chart below.

**Active listening**-helps in recognizing other’s perspectives and feelings and helps us appreciate them. This not only helps in resolving conflicts but also helps foster a culture of respect. Try to understand others’ perspectives before responding

**Authenticity**-Authentic communication bring better relationships, building trust, managing conflict more effectively and improving team spirit, authenticity helps to create happier, more self-confident and open individuals.

**Trustworthiness-**Trust, at a team level, involves communication, commitment, collaboration and competence – in other words, social interactions. Trust is indeed a crucial factor for team performance. When there is no trust, naturally, no one will voice out their opinions or ideas and there will be little or no team cohesion.

**Value** difference-building your respect and empathy for other people, and celebrating your differences as well as your similarities. This makes you less likely to treat someone differently, just because they are from a different culture or ethnicity than you.

**Non judgmental**-By staying non-judgmental, they are more likely to feel comfortable about discussing their issues and to continue the conversation. They are also more likely to come back to you again when they are struggling, which means you have more opportunities to be able to help them.

**No assumption-**it is important in communication because we should not react first to a situation without knowing and comprehending the other side to have no bias in other.

Activity 2:

Observe one communication situation (at home, from videos via internet or live stream or

Whichever is applicable) and list down the principles of communication present. Write a critique

Paper in 2-3 paragraphs following the guide questions below.

Guide Questions:

1. What are the principles present in the situation?
2. Discuss each principle and its importance in achieving an effective communication

Candidates campaign

Elections are coming many candidates are now making their own moves to catch the peoples I to vote for them, other candidates give foods T shirt fan and go in different places to make their name good another ear.

in a campaign, candidates are usually tell their plans or platforms, in this stage we used the six principles of communication,, for example, first is active listening, us a voter we should listen if their plan will help our society improve, and make no assumption. we should not react fast we should take our own re of our own Research and listen to other candidates so we can be fair and not judgmental. Before voting think carefully we should choose who are trustworthy and think that the candidates that we are voting is good enough for their position, Don D dates that we should vote most also have the six communication principle so that we can say that he/she will be a good leader.

Everyone has their own right for their decisions in life, but we should think carefully for all our moves and decision you must have this six communication principles so that our life go better than yesterday.