

Spring FYE103 - Module 2 Notes

General Notes

- 6.3 Communicating with Instructors
- 9.1 Getting Along with Others
- Active Listening Skills, Examples, and Exercises

Connection

Articles:

1. Article 1
2. Article 2
3. Article 3

General Links:

- MCCCDD Student Life
- Campus Groups
- Student LLife % Leadership at CGCC

Notes

- Every human has a basic need for a sense of belonging. There's benefits to college, such as:
- A growing understanding of diverse other people, how they think, and what they feel that will serve you well throughout your life and in your future career
- A heightened sense of your own identity, especially as you interact with others with different personalities and from different backgrounds
- Emotional comfort from friendship with someone who understands you and with whom you can talk about your problems, joys, hopes, and fears
- An opportunity to grow with wider intellectual and emotional horizons

Making New Friends

1. Keep all doors open for meeting new people.
2. Be open in your interests.
3. Don't try to get involved in everything going on around you.
4. Let others see who you really are.
5. Make an effort to get to know others, too.
6. Once a friendship has started, be a good friend.

Communication

- The Importance of Listeningg

Listening Skills

- Talk less to listen more.
- Ask questions.
- Watch and respond to the other person's body language.
- Show the other person that you're really listening and that you care.
- Give the other person feedback.

Speaking Skills

- Be honest, but don't be critical.
- Look for common ground.
- Avoid sarcasm and irony unless you know the person well.
- Don't try to talk like the other person.
- While not imitating the other person, relate to his or her personality and style of thinking.
- Remember that assertive communication is better than passive or aggressive communication.
- Choose your conversations wisely.

Balancing Schoolwork and Social Life

- Keep working on your time management skills.
- Keep working on your study skills.
- If you can't resist temptations, reduce them.
- Make studying a social experience.
- Keep your social life from affecting your studying.
- Get help if you need it.

Conflict Resolution

- Respect the options and behaviors of others.
- Be open-minded.
- Calm down.
- Recognize the value of compromise.
- Listen.
- Use "*I statements*" rather than "*you statements*."
- Brainstorm together to find a solution that satisfies both of you.

Roommate Success

- Anticipate problems before they happen.

- Deal with any problem promptly.
- Be patient, flexible, and willing to compromise.
- Be warm, use humor, and be sensitive.
- Get out more.

Key Takeaways

- A rich, diverse social life is an important dimension of the college experience that contributes also to academic success.
- Getting along with others involves communication skills and a willingness to interact with different people in a number of different ways.
- Effective listening skills are as important as expressing yourself well verbally and nonverbal.
- Online social networking used in moderation can be beneficial.
- Balancing one's social life with schoolwork requires time management skills as well as good study skills.
- Because social interactions frequently involve conflicting values, behaviors, or ideas, it's important to respect others, stay open minded, be open to compromise, and understand how to resolve conflicts.
- Acknowledge that family relationships will likely change after you enter college and work to ease the transition for everyone.

Communicating With Instructors

Guidelines For Communication

- Prepare before going to the instructor's office.
- Don't forget to introduce yourself.
- Respect the instructor's time.
- Realize that the instructor will recognize you from class—even in a large lecture hall.
- Don't try to fool an instructor.
- Try to see things from the instructor's point of view.
- Be professional when talking to an instructor.
- Use your best communication skills.

Tips For Success

- When you have a question, ask it sooner rather than later.
- Be prepared and plan your questions and comments in advance.
- Be respectful but personable and communicate professionally.
- Be open-minded and ready to learn. Avoid whining and complaining.
- There is no such thing as a "stupid question."

Success In Online Courses

- Make sure you have the technology.
- Accept that you'll have to motivate yourself and take responsibility for your learning.
- Work on your writing skills.
- Use critical thinking skills.
- Take the initiative to ask questions and seek help.
- Be patient.
- Use any opportunity to interact with other students in the course.

Key Takeaways

- Additional benefits of getting to know and networking with instructors include receiving references and academic advice.
- Interacting with college instructors contributes to the growth and intellectual maturity that are part of what it means to be "educated."
- Prepare in advance before meeting with an instructor and communicate respectfully, honestly, and sincerely. Your efforts will be repaid.
- It is especially important for part-time and nontraditional students to make the effort to interact with instructors.
- Follow accepted guidelines for professional use of e-mail with instructors.
- It is worthwhile speaking with an instructor when you disagree about a grade because of what you will learn in this interaction.
- Finding a mentor can be one of the most fulfilling experiences in college. Getting to know your instructors may be the first step toward find a mentor.
- Online courses involve special issues for effective learning, but you must make the effort to interact with the instructor and other students in a way that encourages your success.

Active Listening

Becoming An Active Listener

1. Pay attention
2. Show that you're listening
3. Provide feedback
4. Defer judgement
5. Respond Appropriately

Summary

New college students may not immediately realize that they've entered a whole new world at college, including a world of other people possibly very different

from those they have known before. This is a very important dimension of college—almost as important as the learning that goes on inside the classroom. How you deal with the social aspects and diversity of college world has a large impact on your academic success.

The notes intentions were to help you gain insight into the value of making new friends and getting along with the wide variety of people you will encounter on campus. Another aim of the chapter was to help you learn why and how a broad diversity of people enriches the college experience and better prepare you for the world after college.

Enter this new world with an open mind and you'll gain many benefits. Even if you are taking a course or two at night and do not spend much of your day on campus, try to make the most of this experience. You'll meet others who will challenge and stimulate you and broaden your thinking and emotional experiences.