

PART 1: Active Listening Practice (50 points)

Practice active listening with a family member, friend, or colleague. Engage in a conversation where the other person shares their thoughts, feelings, or concerns on a topic of their choice. Focus on being fully present and attentive during the conversation. Avoid interrupting or imposing your own opinions during this exercise. After the conversation, write a brief reflection (100-150 words) on your experience. Discuss the challenges you encountered while actively listening and how it felt to give someone your undivided attention. Identify any improvements you could make to enhance your active listening skills further.

PART 2: Refusal Skills Practice (50 points)

Engage in a role-playing exercise where you practice refusal skills in a polite and assertive manner. Imagine you are offered a social invitation or asked to take on an additional work task that you are unable to accommodate. Role-play the scenario with a friend or family member, where they present the request, and you respond with a respectful refusal. Focus on maintaining a positive tone while clearly expressing your boundaries and reasons for declining. After the role-play, write a brief reflection (100-150 words) on your experience. Discuss the challenges you faced during the practice and how you can improve your refusal skills in future interactions.