Communication

- The sharing of feelings, thoughts, and information with another person

- Good communication skills can help a person learn more about themselves and others

- Poor communication can cause misunderstandings, leading to feelings of anger, mistrust, and frustration in relationships with family, friends, teachers and others.

- We are not born with communication skills they must be learned!!

2 Types of Communication

Information is received through taste, touch, smell as well as through hearing and sight

1. Verbal Communication

   - The use of words and language to convey a message

   - Communicating well verbally requires developing both speaking skills and listening skills

Types of Verbal Communication:

One-Way- Information is passed from one person to another with no opportunity for feedback

   - Examples: Television, Radio

Two-Way- Allows for information to be passed with feedback from the listener to the speaker

   - Examples: Telephone, CB, Face to Face Communication
2. Nonverbal Communication

- Involves using symbols, signs, body language to express yourself or show you are listening

- Nonverbal communication can also help clarify verbal message

Humans communicate nonverbally primarily by the use of the following:

1. Signs or Symbols
2. Body Language
3. Touch
4. Facial Expressions