

EFFECTIVE COMMUNICATION STRATEGIES

Effective communication creates an environment of trust and understanding, establishes expectations, resolves conflict. Here are 3 strategies for effective communication:

ACTIVE LISTENING



- Listen with empathy, with focus, and without judgement.
- Use non-verbal cues such as nods, maintaining eyecontact, leaning in, etc.
- offer verbal feedback such as asking questions, summarizing what you heard, & reflecting.

SETTING EXPECTATIONS



- Initiate communication early and keep communication lines open.
- Establish preferred ways to communicate for both you and the teacher.
- Set a goals for the communication exchange and share that goal.

RESOLVING CONFLICT



- Reframe conflict as an opportunity for learning and not winning or losing.
- Address issues early and directly.
- Be assertive. Find the balance between being too passive or too aggressive.

