

Rutgers Women+ in Technology (WIT+)

PEER-TO-PEER PROGRAM

MONTH 2: EFFECTIVE COMMUNICATION & MANAGING UP

HIGH-LEVEL FOCUS - ACTIVE LISTENING:

Peer groups will explore the impact of body language, facial expressions, and gestures in communication, as well as how easy it is to misconstrue someone's words or actions. Techniques for active listening, asking informed questions, and their importance in personal and professional relationships can be discussed.

SUGGESTED GROUP ACTIVITY - NON-VERBAL COMMUNICATION & MISHEARD MESSAGES:

***Note:** In this activity, having one (or a few) pieces of paper and a pen will be necessary. Worry less about artistic talent and just do your best to follow directions!*

- **This activity involves two rounds.** During the first round, each person will take turns describing an image or object from memory that is familiar to them (e.g., a house, an animal, an item). After the description has been given, everyone in the group take 2-3 minutes and attempt to draw the object based only on the description. After everyone has taken a turn, set your first round of drawings aside.
- During the second round, each person will reiterate their description of the same object. However, this time, the group may ask the person providing the description as many questions about the object as they'd like, both before and during the drawing process.
- After everyone has had two chances to describe their object and draw everyone else's objects, take turns comparing both drawings to their original description.
- **For the remainder of the meeting, discuss with the group:**
 - What made each person's initial communication/description of the object clear or unclear?
 - Did participating virtually (as opposed to in-person) affect your ability to communicate or interpret someone's efforts to communicate? Why or why not?
 - How can each person improve clarity and active listening skills in future conversations?
 - What is one communication habit you want to improve upon this month?

Questions? Email the Peer to Peer Committee: wit_peer2peer@oit.rutgers.edu