GETTING TO KNOW EACH OTHER

DURATION: Twenty Minutes

OBJECTIVES:

* To give trainees a chance to get to know each other
* To gauge the mood of the trainees
* To identify specific norms for the training
* To identify personal feelings
* To see commonalities among the group
* To learn about nonverbal communication
* To help trainees see conflicts as opportunities

MATERIALS:

* 5x8 index cards for each person
* Markers
* Example
* Student workbook

PROCEDURE:

Explain that this activity will help each trainee to learn more about themselves and each other.

Give each person an index card and workbox. Have them write their names on the front of the workbook but to keep it closed.

Have each person fill in the information on the cards according to instructions. Show an example of the card. Allow enough time to complete the information before moving on to the next step. Tell them:

* Write your first name in the center of the card.
* In the top left-hand corner, write three words that describe how you feel today.
* In the top right-hand corner, identify what you hope to gain from the training.
* In the bottom right-hand corner, write how you want people to treat you and how you are willing to treat others during this training.
* In the bottom left-hand corner, list the ways you usually deal with conflict.

When the students complete the cards, explain the next part of the activity. Say:

* Move around the area holding your card in front of you so that others can read your information.
* It is important to do this without speaking to each other.
* After you read a person’s card, nod your head to let the other person know that you are finished. Then move on to the next person until you have silently shared information with everyone in the group.

PROCESS:

* How many of you found it difficult to be silent during this activity? Tell me your reasons.
* What is our main method of communication—verbal or nonverbal? According to communication experts, a majority of what we communicate is done by nonverbal means.
* What does this tell us about nonverbal communication?
* Are most of our conflicts based on verbal or nonverbal exchanges?

EXPECTATIONS AND NORMS: