

A CHAT: DEVELOPING CONVERSATION SKILLS

Objective:

- To develop conversation skills, including listening
- To develop understanding how communicating concerns can be stress relieving.

Preparation:

Approximately two weeks before the presentation of the program, the Education Director will meet with the Education Committee to plan program presentation.

Program:

Part I - Dyads

Members are asked to divide into pairs. It is preferred that the members pair up with a sister whom they do not know very well.

While facing each other, Partner A begins by asking Partner B closed ended questions which require only a one to two word response. For example, *How many siblings do you have?*, *What is your favorite color?*, *What is your most enjoyable class this semester?* *What is your most demanding class this semester?*. Partner B then asks Partner A closed ended questions.

Next, Partner A asks Partner B open ended questions which require a longer response. For example, *What would be your dream vacation?*, *Tell me about your long term goals.*, *What do you plan to do with your degree?*, *Describe your most memorable experience thus far in Sigma.* Partner B then asks Partner A open ended questions.

Partner A is instructed to talk to Partner B for 60 seconds, non-stop, about something that is or had been bothering her. Partner B is not to respond or say anything during the time Partner A is speaking. Switch roles after one minute and Partner B speaks for 60 seconds, non-stop, about something bothering her.

After each of the partners have spoken, Partner B speaks to Partner A for 60 seconds, in an attempt to make her feel better. Partner A is not to respond or say anything while Partner B is trying to make her feel better. Switch roles after one minute and Partner A speaks for 60 seconds, in attempt to make Partner B feel better. *The key here is that the partners do not have to come up with a solution to the other's problem, they only need to help them feel better.

Part II - Group Discussion

The presenter will pose the following questions to everyone to elicit group discussion.

- *Did you learn anything new about your partner?*
- *Did you have any similarities?*
- *Did you have any differences?*

- *Did you have more similarities or differences?*
- *When you were speaking, how did you know your partner was listening to you?*
- *Was it helpful to be able to talk about your problem to someone who was listening to you?*
- *How did it make you feel?*
- *Did your partner succeed in making you feel better about yourself and/or your problem?*

Part III – Conclusion

The presenter discusses how talking to another person about their concerns can relieve stress. Encourage the membership to use each other as a sounding board to discuss concerns they are having. In addition, everyone should be ready to be a listener to their Sister.

Program Follow Up:

Tabulate a chapter evaluation, record on Form K-87W and mail to National Headquarters monthly.