

# COMMUNICATION SKILLS

## What's in it for you?

- It may help to explain why it is sometimes difficult for you to understand what people say or say what you want to say.
- It may help to explain why some learning tasks are hard and why you sometimes feel frustrated or angry in lessons.
- It may help you understand other people's communication and be useful for having better friendships and relationships.
- Knowing what is easy and difficult for you will help us support you with your learning and give you the skills to make communication easier.
- We can let other people working with you know about some of the things they can do to help.
- You can decide if there are things you would like to work on.

## Remember - Communication Skills are important for things like...

- Having good friendships or relationships
- Understanding what people are talking about and what the teachers are saying in lessons.
- Standing up for yourself, saying what you think, what you are feeling and what you need.
- Getting jobs or learning a skill.
- Managing your life – your interests, your money, your work, your relationships.

If there is anything else you or your family would like to know, please ask. I am in school on Tuesdays and Thursdays and you can tell your Tutor to let me know you want a chat.

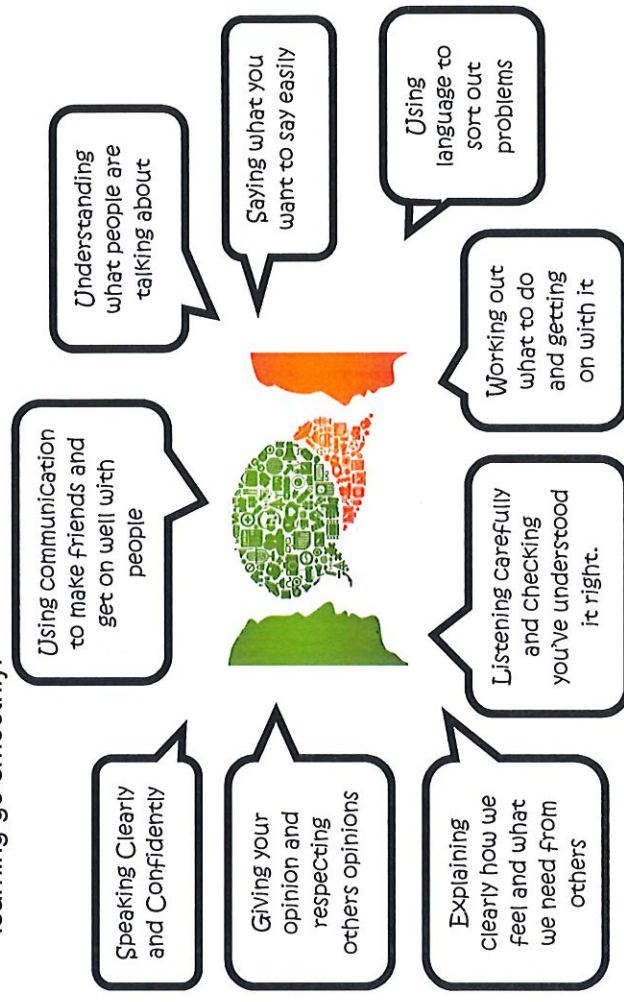
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## What's that got to do with me?

Communication is part of pretty much everything we do!! Think about the things you do every day – talking to your family, getting the bus, popping into the shop, joking with friends, texting, posting on social media, arranging to meet up with mates or go out on a date. That's even before we think about school and learning!

Communication is about the sending and receiving of messages – this could be with words, gestures, body language, facial expressions and through talking, writing, texts, phone calls, emails etc. Lots of things can affect communication and when it goes wrong, problems can happen!

A lot of our communication, particularly to do with learning or relationships involves speaking and listening. Below are some of the skills we need to develop to make communication and learning go smoothly.



# COMMUNICATION BREAKDOWN

## What can it be like?

When communication goes wrong it affects people in lots of different ways. It sometimes means problems with understanding, we might miss information or misinterpret what people are saying. Sometimes it's about not being able to say what you want to say easily. It can affect learning, friendships and relationships, your confidence and how you feel.

I don't get it!



Can't explain it!



Can't speak!



Too many words!



Switched off!



Feeling upset or frustrated



Confused!



Left out/isolated



Agro!



Give up

# Why am I seeing someone about my Communication Skills?

At EOTAS we believe that having good communication skills is important for all parts of your life! This is why we like to check what every student's language and communication skills are like. Good language and communication skills are really important for;

- Understanding what's being said to you and remembering information
- Finding the words to say what you want to say
- Knowing what to say to people, how to make friends or sort out problems
- Speaking clearly so that others can understand you

## What does a speech and language therapist do?

- My job is to work with you to find out what you're good at and what causes you problems with language and communication. I will look at what your understanding and talking are like in everyday situations.

## What will happen in the session and afterwards?

- I am interested in finding out what is easy or difficult for you with communication or learning. I use a rating scale to find out what you think about your communication skills. For instance, questions include 'what am I like at understanding instructions in the classroom?' or 'what am I like describing or explaining things that have happened?'
- I might ask you to take part in some tasks to help me find out more so that I can work out ways to help and support you.
- I then work with the people who see you every day in school to plan how to support you to improve your communication.