**Communication Reflection**

1. On a scale from 1 to 10, how important do you think it is to your success in school (and beyond!) that you know and use appropriate communication skills? List the number and explain.
2. During your conversations, how can you tell when someone is listening to you?
3. During your conversations, how can you tell when someone is not listening to you?
4. What is non-verbal communication?  Examples?
5. Communication specialists say that when we send a message, \_\_% of the message is communicated through body language; \_\_% is communicated through tone of voice; and \_\_% is communicated through words.
6. What behaviors do you demonstrate to show others you are listening to them?
7. What behaviors do you believe you should improve in order to show others you are listening to them?
8. What circumstances and distractions keep you from listening?
9. Do you think there is a difference between communicating with your peers and communicating with adults?  If a difference, what does that look like?