



4-H Briefs

Fun ideas to help members and families explore 4-H projects

Oklahoma Cooperative Extension Service 4-H Youth Development

One to One

FOCUS:

Listening- hearing and interpreting verbal (spoken) communications.

Speaking- communicating using verbal communications.

LEARNER OBJECTIVE:

Developing conversation skills.

BACKGROUND:

Speaking is talking with others. Talking with just one other person is called *one-to-one* conversation or *dyadic* conversation. Because we spend so much time in one-to-one conversation, we really need to know how to effectively talk to others.

MATERIALS:

- Pencil
- Paper

ACTIVITY:

Think about all the times each day you talk to a friend, your mother or father, or your brother or sister. During the next two days write down the names of everyone you talk to in one-to-one conversations, and how much of the time you talked.

DISCOVERY:

1. When have you spent time in one-to-one conversation with other during the past two days?
2. Are you surprised at how many people you talked with and how much time you spent in one-to-one conversation?
3. In each conversation were you and the person able to communicate your ideas and thoughts clearly? If not, what were some of the problems you had communicating?

PIECING IT TOGETHER:

Discuss some of the times you may have had trouble communication in one-to-one conversation.

- What were some of the problems you encountered?
- What did you do to overcome the problems?
- What could you have done to communicate more effectively?

TRY THIS:

Think of some of the different methods of one-to-one communication that you use, such as the phone, face to face, e-mail, voice mail, or on the Internet. Did you have some messages that were unclear? If so, what do you think cause the problem? And how could you have communicated a better message?

Watch others when they are talking one-to-one. What are some actions they use that are distracting or helpful

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