



COMMUNICATION IS THE ESSENCE OF HUMAN LIFE

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We can all do better when it comes to the way in which we communicate with one another. Communication is challenging in our fast paced digital world, but it is one of the keys to success in any business or workplace and extends to our personal relationships between friends and family. Communication is a skill that can be learnt and it is something that we need to teach in all its different forms and this makes up one of the very important characteristics of our 'learner profile'. So, as a student, what are some of the key skills we need to learn in terms of communication? There is a great deal written on this from all sorts of perspectives but, at the heart of things, we all want to love and to be loved. This is what it means essentially to be human, it is the way in which we were created. Adam by himself, was not complete until Eve was created as a companion. Their communion together was described as very good. Unfortunately, their relationship was marred by sin and therefore the relationships of every generation since have been under pressure. Nevertheless, communication and relationships can be improved and a student can learn important skills in successfully navigating adolescence, school life and work. Here are a few key factors to consider:



- All students need to know that they belong. This might be expressed well at home with the family, but it needs to be reinforced in the school environment. A sense of belonging might happen at many different levels and in many different ways including friendship groups, class groups, sporting teams and house teams etc. Belonging to something bigger than ourselves gives an opportunity to develop a positive identity and this in turn gives us confidence to go out into the world and share our unique perspectives with others.
- Part of belonging extends to the idea that others care about us at some level. Either our peers, our teachers or that special friend. When we genuinely care about others we take the time to invest in them and that means we take time to listen. Listening is one of the key skills in terms of communication. Taking time to really listen to another person is a way of telling that person that you care about them.
- Social media is not a good source of communication if it is used inappropriately. Establishing self-discipline and learning the skills to use social media wisely is imperative in terms of building successful relationships.
- Communication can take many different forms, singing a song, presenting a dance or just simply saying thank you to people who have served you at the canteen or in our day-to-day interactions.
- Good communication honours the other person. If love is at the heart of how we communicate then great things can happen, anger can be quietened, fighting can be averted and friendships can be forged.

Of course the greatest communication happens when we connect to God. Let me leave you with a thought from scripture.

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, (James 1:19)

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building

others up according to their needs, that it may benefit those who listen. (Ephesians 4:29)

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