

# FSU Campus Recreation

## FSU CHALLENGE

### ***Turn Up the Volume***

We have all heard that “it takes two to tango” when describing how to interact with our peers, and the phrase may be most applicable to the goal of effective **COMMUNICATION**. Communication can be labeled as “effective” when the receiver interprets the sender’s message the way that the sender intended it. With our program’s general goal of encouraging a group of people to work together better, interpersonal relationships are of paramount importance. More specifically, *communication* is the *foundation* for those interpersonal relationships. In this program, your group will participate in activities that challenge their current styles of communication and encourage them to be more effective in the future.

In David Johnson’s book, *Reaching Out*, he describes the seven elements of the communication process, all of which can greatly impact the effectiveness of the communication:

1. The intentions, ideas and feelings of an individual which motivate them to communicate something with someone.
2. The creating, or encoding, of the message by that individual (the sender).
3. Sending the message to the receiver.
4. The channel, or medium, through which the message is translated.
5. The decoding of the message by the receiver.
6. The internal response of the receiver where they convert the received message into their own intentions, ideas and feelings.
7. The amount of noise throughout the preceding steps. Noise can be defined by anything that interferes with the communication process.

Communication is irreversible – you cannot un-ring a bell – and with verbal and non-verbal communication; static and dynamic features; visual cues and oral cues; there are so many variations which create differences between the messages we send and the messages we *intend* to send. All participants will play an active role in identifying common communication errors and how to resolve them while developing the trusting attitudes necessary for effective communication. This program stresses the importance of communicating *with* others, not *to* others and will provide the opportunity to explore different communication methods, while reinforcing and strengthening your existing avenues. Through effective communication, a group can increase its productivity and efficiency.