

COMMUNICATION (CARE) SERIES SPRING SEMESTER 2012

Confidence

Jan Mullis is back with the entire series on the art of communication. Communication includes understanding, accepting and utilizing the four distinct styles of expression. This requires gaining confidence, practicing adaptation and respect and remaining engaged when tensions arise. The first seminar concerns gaining confidence and learning the four styles of expression.

#1624	J. Mullis	Jan 4
103 Van Dusen Hall	W	1:30-4:30 pm

Adaptation

Understand the impact your style of expression has on others, how to identify another's style and how to communicate in a way that allows you to connect with others.

#1625	J. Mullis	Jan 11
103 Van Dusen Hall	W	1:30-4:30 pm

Respect

Respect for self, others and the communication process will be addressed.

#1626	J. Mullis	Jan 18
103 Van Dusen Hall	W	1:30-4:30 pm

Engagement

In this session you will learn the four stress reactions, their corresponding stress responses and how to utilize stress for relational growth.

#1627	J. Mullis	Jan 25
103 Van Dusen Hall	W	1:30-4:30 pm