







Goal

To maintain positive and productive behaviors in a mature learning environment.

Objectives

- Practice effective mature adult communication skills and responsibilities.
- Enhance interpersonal skills essential for personal and business encounters. Getting along with others to complete various assignments, obligations and tasks.
- Gain personal growth handling requirements, disappointments and accomplishments.

Group Interactions

- If someone is speaking to you, look them in the eyes and listen without interrupting.
- Pause before beginning to speak, thinking over what has been said. Be brief and to the point about what you are saying.
- Be aware that disagreements may occur, don't drag them on. Try to see the other persons point of view.

Group Projects

- Specify the responsibilities of each person in the actual in-class presentation. Who will present what? Who will work together? When and where practices will occur?
- Check frequently with group members for status updates.
- Don't wait until the project is due to talk to the teacher about a certain group member who is not handling their responsibility.

Group Projects

- Two group members should speak privately to the member who is not handling their responsibility.
- If complications arise with the defiant member, ask the teacher to listen in on your next attempt to speak with your group member.
- Be direct in what you are complimenting or confronting. Make it clear you like the person, not the behavior they are displaying.

Group Projects

Upon accomplishing the objective give strokes and compliments equally.

Personal Responsibilites

- Arrive to class on time and be attentive.
- Addressing the instructors and professors properly.
- Stay for the entire class and when appropriate contribute to the class discussion.
- Turn off cellphones and other objects not classroom related.
- Do not bring food or drinks to class.
- Avoid side conversations, signaling and sending messages during class.
- Contact the professor when you miss class, immediately.

For further assistance contact: Don Johnson Counseling Services Gillespie Residence Hall Room 111 (314) 340-5068