

CASAP Lesson Plan Form

Topic: Communication Skills

Objectives:

Students will be able to:

Differentiate between passive, aggressive and assertive behaviors.

Explain the importance of communicating with others.

Use their new knowledge of communication skills by completing exercises with another individual.

Materials Needed:

Dry erase board or chalkboard

Computer

Overhead

Handout on the definitions of passive, aggressive, and assertive behavior

Handouts on Sonja's and Sam's scenarios and questions for each

Communication Styles PowerPoint

Introduction to Lesson:

Ask students to think of a time where they were really angry with a friend or family member. After they are done thinking, ask them to explain the ways they handled or expressed their anger, and what, if anything, they could have done differently? Next, have them think about another situation, about a time they did one of two things: 1) They were talking to someone and they were not very confident and thought, "If I answer them or talk to them, they are not going to think I know what I am talking about?" or 2) They were talking to someone and instead of communicating in a proper manner, they yelled or said something mean. Hopefully, this will lead into discussions about how they should have communicated better with others.

Procedure (step by step list):

1) Ask them, Why do we need to know how to communicate?

- 2) Ask three of the instructors to come up front. Hand them each a card with the words passive, aggressive or assertive on it. Explain to the students that these are three types of behavior. Ask students to try to define each behavior before beginning the PowerPoint.
- 3) Show the first slide on passive behavior. While the slide is on the screen, go through all the behavior characteristics by saying each one and giving an example of each.
- 4) Go through the slides on aggressive and assertive behaviors in the same manner.
- 5) Which type of communication? Ask students to respond to each question on the first of these two slides, then ask students to respond to each quote on the second of these two slides.
- 6) Pass out handouts. Go through the scenarios of Sonja and Sam and the questions for each.

Closure:

Go back to the intro. and ask, what kind of behavior have you seen yourselves express in the past and how can you make yourself communicate in a more assertive manner?