

LINN-BENTON COMMUNITY COLLEGE
Department of Nursing
NUR101

Introduction of Communications

I Exercise - Give your first response before discussion and lecture. Complete the second response at the end of discussing communication.

How would you respond to the following statements?

1. "Why don't you just give me a shot that will knock me out!"
First Response -
Second Response -


2. "Guess I'm not much good anymore. Just can't seem to get my body to stop hurting and acting up."
First Response -
Second Response -

3. "Just leave me alone, there's nothing my doctor or nurse can do for me!"
First Response -
Second Response -

4. "My family doesn't care for me anymore! I'm old and not much fun to be around."
First Response -
Second Response -

5. "Why can't you stop the pain. Aren't you suppose to help me?"
First Response -
Second Response -

How well do you listen?

 **Activity 1.** Circle Y for “yes” and N for “no” in response to the following statements about your listening skills.

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|---|---|---|
| 1. I often interrupt a speaker to interject what I need to say. | Y | N |
| 2. I anticipate what someone is about to say and finish the statement. | Y | N |
| 3. During a conversation, I am easily distracted by what is happening around me. | Y | N |
| 4. I feel uncomfortable when I look directly at a speaker for more than a few seconds. | Y | N |
| 5. I “tune out” speakers I don’t agree with. | Y | N |
| 6. I like to focus on a speaker’s clothes and hair instead of what is being said. | Y | N |
| 7. I am turned off by a speaker who uses words I don’t know. | Y | N |
| 8. Sometimes I daydream while people are talking to me. | Y | N |
| 9. During conversations, while the other person is speaking, I like to plan what I want to say. | Y | N |
| 10. I often pretend to be interested in what a speaker is saying even when I’m not. | Y | N |

How did you do? If you answered “no” to each statement, you are an outstanding listener! If you circled “yes” one to three times, your listening skills could stand a little improvement. If you answered “yes” to more than three statements, you need to work hard on developing better listening habits for greater success at school, at work, or with your friends and family.