



How to improve Communication?

Communication is an act of transferring information or messages from one person or group to another. Though it may sound simple, communication is a complex subject. The transmission of information can be affected by a range of things, such as emotions, location, cultural situation, and the medium used for communication. Hence, improving student communication will help them handle the social and professional issues in their lives better.

Communication skills help us to

- Share emotions and thoughts
- Build important relationships
- Learn new things
- Organize information

Signs of poor communication

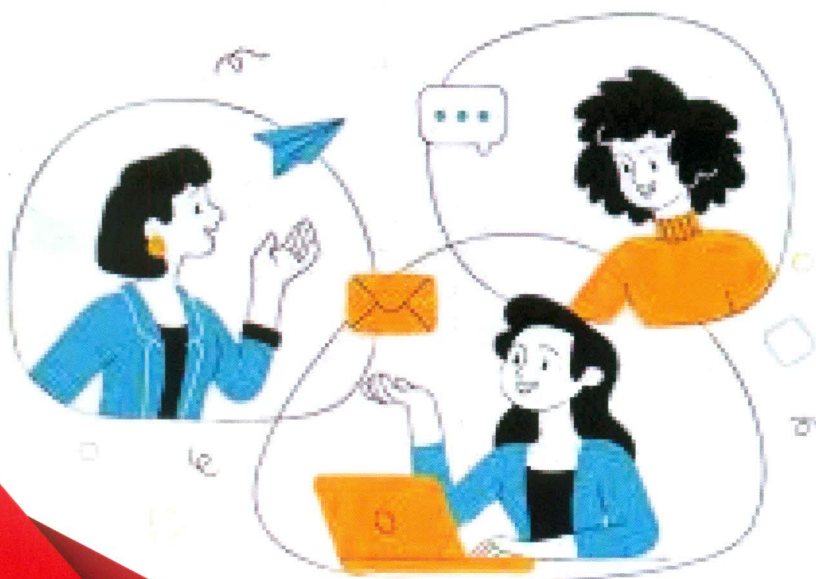
- Lack of eye contact
- Unengaged or negative body language
- Poor listening skill
- Multitasking
- Interrupting

Problems faced due to poor communication

- Low self-worth
- Distancing from others
- Misunderstandings
- Isolation due to fear or embarrassment

Ways to improve communication

- **Listen** - People want to know that they are being heard. Listen to what the other person is saying instead of formulating your response. Ask for clarification to avoid misunderstandings.
- **Learn and understand nonverbal communication** - You can cultivate strong non-verbal communication by using appropriate facial expressions and nodding your head.
- **Maintain eye contact** – This can help you to focus on the conversation and read facial expressions. It can improve understanding which can, in turn, enhance communication.
- **Be clear, concise, and confident** - Aim for short, direct sentences and define exactly what you want other people to understand.
- **Think before you speak** - Take a moment and pay close attention to what you say and how you say it.



For scheduling an appointment with a counsellor at
Bharathiar Counselling Centre,
call 0422-2428465 or email bcc@buc.edu.in