Exploring Communication

How do you define communication? What are your views about your own communication? Take some time to reflect on how you feel about communication. Your training and curriculum specialist will collect this survey and use your responses to learn more about how to nurture communication in the workplace.

1. I think of communication as a significant aspect of my work with children and families:
   a. Constantly
   b. Most of the time
   c. Rarely

2. What views or experiences did you have related to communication as you were growing up?

3. Have these views or experiences changed? Why or why not?

4. When I am not certain about what someone is saying to me, I...
   a. Ask clarifying questions
   b. Keep quiet and wait to hear more
   c. I ask someone else about it
   d. I get frustrated
   e. Other ________________________________________________________

5. What do you think is most important for helping adults communicate effectively at work?
   a. Fun and friendly coworkers
   b. Flexibility
   c. A supervisor who values communication
   d. Recognition for attempts and willingness to listen and take turns talking
   e. Other ________________________________________________________
6. When people do not express their thoughts and opinions clearly, I...
   a. Move on even if I am not entirely sure what they said
   b. Become impatient
   c. Talk to someone about it
   d. Other __________________________

7. How can adults improve their own communication?

8. How can adults achieve effective communication with each other?

9. What do you think adults should do to nurture communication in children?

10. My own definition of communication: