**EO M203.03 – DISCUSS EFFECTIVE COMMUNICATION IN A PEER SETTING**

1. **Performance**: Discuss Effective Communication in a Peer Setting

2. **Conditions**:

   a. Given:

      (1) Supervision; and

      (2) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.

3. **Standard**: **.**In accordance with specified references, the cadet shall discuss effective communication in a peer setting.

4. **Teaching Points**:

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP1 | Discuss how communication is fundamental to influencing others, to include:<br>a. effective communication as a skill;<br>b. aspects of non-verbal communication; and<br>c. sending, receiving, and responding to messages. | Interactive Lecture | 10 min | C0-115 (pp. 43 and 44)<br>C0-144 (p. 18) |
| TP2 | Explain the three styles of communication, to include:<br>a. aggressive communication;<br>b. passive communication; and<br>c. assertive communication. | Interactive Lecture | 5 min | C0-022 (pp. 211 and 212) |
| TP3 | Discuss assertive communication, to include:<br>a. using “I” statements; and<br>b. active listening skills. | Interactive Lecture | 10 min | C0-022 (pp. 230 to 234)<br>C0-144 (p. 13) |

5. **Time**:

   a. Introduction / Conclusion: 5 min

   b. Interactive Lecture: 25 min

   c. Total: 30 min



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6. **Substantiation**: An interactive lecture was chosen for this lesson to orient the cadets to effective communication in a peer setting, to generate interest and to present basic material.

7. **References**:

   a. C0-022 (ISBN 0-02864-207-4) Cole, K. (2002). *The Complete Idiots Guide to Clear Communications*. USA: Pearson Education, Inc.

   b. C0-115 (ISBN 0-7879-4059-3) Van Linden, J. A. & Fertman, C. I. (1998). *Youth Leadership*. San Francisco, California: Jossey-Bass Inc.

   c. C0-144 (ISBN TBA) Colver, E. & Reid, M. (2001). *Peacebuilders 2: Peer Helping*. Ottawa, ON: YouCAN.

8. **Training Aids**: Presentation aids (e.g. whiteboard/flipchart/OHP) appropriate for the classroom/training area.

9. **Learning Aids**: N/A.

10. **Test Details**: N/A.

11. **Remarks**: N/A.



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