

## Communications Requirement 1a

For one day, keep a log in which you describe your communication activities. Keep track of the time and different ways you spend communicating, such as talking person-to-person, listening to teachers or the radio, watching television, reading books and other print media, and using any electronic communication device. Discuss with your counselor what your log reveals about the importance of communication in your life. Think of ways to improve your communications skills.

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TYPE OF COMMUNICATION	NUMBER OF TIMES COMMUNICATED TODAY	COMMENTS TO DISCUSS w/ COUNSELOR
Person-to-person (one-on-one)		
TV		
Radio		
Listening to Teacher		
Presenting material in an formal environment (i.e., class presentation, scout meeting, etc.)		
Texting		
Facebook		
Phone		
Skype		
Reading		