



## HUMAN COMMUNICATION IN THE AGE OF TECHNOLOGY

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Face to face communication was more prevalent few years back, but it is now given secondary importance due to a boom in technology.

Information communication technologies have become such a huge part of our lives, that most of us are constantly using it, even in the presence of other people around us. Values of social interactions have changed and people feel more comfortable while using technology as means of communication.

The evolution in technology has accelerated and is integrated in our lives, in a variety of communicative dimensions.

We spend an ever increasing amount of time attached to technology as means of communication. It's seen very frequently now that people are engrossed in their phones while in a party.

People communicate more often now with family, friend's relatives because of technology, but the quality of communication seems weaker now.

People, who spend more time with a screen struggle to understand or identify emotions. They are unable to develop strong relationships.

Developing basic communication skills are crucial for human communication which cannot be replaced by technology.

*Human communication is not just words.*

## IMPROVE YOUR LEARNING THROUGH EFFECTIVE LEARNING TECHNIQUES.

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*The bridges built by elaboration strategies add personal meaning to the new information to be learned.*

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*Learning Strategy is a person's approach to learning and using information.*

It is seen that some students breeze through their school years without struggling, whereas some student's struggle through their educational years. Students who do not know or use good learning strategies often learn passively and ultimately fail in school.

***Learning strategies are behaviors or thoughts that facilitate learning.*** It focuses on making students more active learners by teaching them how to learn and how to use what they have learned to be successful. Learning strategies range from simple study skills, such as underlining the important points, taking notes from teacher's lecture, writing a gist of main concept or making headings for various topics. These strategies do help in retaining the material for a long time.

Students must create meaningful connections between what they already know and what they are attempting to learn.

Elaborate, when learning a new material, as it helps to make sense and builds a connection with the previously learned topic.

Avoid rote memorization as a single learning strategy, as it adds to the retention of information in short term memory

When learning a material, ask yourself questions like.

- What is the main concept?
- What the diagram depicts?
- Which principle is to be applied in a problem?
- How can I describe the material in my own words?

Generating different types of questions helps in understanding the concept discussed in the topic.

Make use of sticky notes, to write queries that can be used in the upcoming class and can be discussed with teacher.

Making mental maps or diagrams also boost the learning process. Students visualize the scenery, characters, action and describe the scenes. It increases the comprehension and recall rate.

Mnemonic strategy (giving a title) is very helpful when information to be mastered is long or lengthy. Student lists information that is important to learn, generate appropriate title for each set of information.

# HAPPINESS AND LOW SELF ESTEEM

To increase the level of self confidence and overcome low self esteem we should change how we feel emotionally about ourselves. Change belief about yourself that you are not good enough and change the image of success that we feel we should be having.

The predictor for happiness is not satisfaction with family life, friendships, scores on test but satisfaction with SELF. People who like themselves and accept themselves the way they are tend to feel good about life as well.

Challenge your negative thoughts regarding self and engage in more positive self statement in order to boost your self esteem. Like, "I always face failure", to "What I can do to overcome my failure?"

Give a boost to your self esteem which will surely give feeling of happiness. Start by:

- Take responsibility of your actions.
- Grant yourself to make mistakes once in a while.
- Recognize your strengths and work on your weaknesses.
- Keep a track of your accomplishments.
- Quit comparing yourself with others.
- Set yourself up for success.
- Reward your achievements.



*Happiness does not  
come in large incomes  
or the most exotic  
home; it comes in  
small doses of a great  
self esteem which can  
be built upon the  
strengths of an  
individual.  
Nicholas A. Mogin.*

*"You are what you eat" is a famous saying and in regard to self esteem it can be read as "You are what you think".*

## MAY IS MENTAL HEALTH MONTH

Mental health is a contributing factor in our overall well being. Mental health is striking a balance in personal, social, physical, psychological aspects of life.

Mental health is how you think, feel and act in order to face life's situations. Mental health in a student's life affects the way you learn, your attentiveness, your classroom conduct, ability to organize and communicate.

Counselling office is just not an office to deal with academic and behavioral issues faced by students but it is also for students who may need a friendly face and listening ears and a person to empathize with them.



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## MAY IS TEACHER APPRECAITION MONTH

When I think of my school years, I hardly remember what books I read, which topics I was taught, the only thing that is fresh in my memory are my TEACHERS. In particular the Teachers who encouraged me when I faced failure, who taught me how to appreciate things in life, who made me realize that I can achieve, who inspired me to think differently and who set me on the path to where I am today.

*Appreciate your teachers, show gratitude to them.*

*Teachers have made a unique imprint on our lives. They give, serve and believe in each student.*