Student work for 90973- Demonstrate understanding of interpersonal skills to enhance relationships

Student E

Problem solving- Individual (DESC)

- **Describe:** Kim is feeling hurt and abandoned. She was glad that her friend made the team but hurt that Sue is excluding her.
- **Explain:** Kim and Sue try out for a softball team and Sue made it and now she thinks that she is better than Kim and makes fun of her.
- **Specify:** Sue is hanging out with a different people since being in the softball team. Kim needs to talk to her to explain how she is feeling.
- **Consequences:** If Kim talks to her about how she is feeling Sue might make fun of her and think that Sue is just jealous [3].

**Critical explanation…**: This enhances the friendship by being truthful and honest to each other. You will learn how the other friend is truly feeling. You will learn how to tell each other what you are feeling and thinking [5].

Problem solving –Joint

- **Identify problem and feelings:** Kim explained that Sue wasn’t being nice to her and Sue now wants to sort things out.
- **Possible solutions:** Kim and Sue could talk through things or they could go to the counsellor and work things out there.
- **Most suitable solution:** If they go to the counsellor they might need to pay to go and they might need to take time off class or take time off school.
- **Agree- timeframe:** Kim and Sue could go to a counsellor once or twice a week for one month and see if this helps.
- **Evaluate:** This solution will be good because they will be truthful and have to talk to each other about it [4].

**Critical explanation…**: Kim and Sue relationship will move forward and…

Being Assertive

**Explain what it means to be assertive:** that you will stand up for what you believe in and express your thoughts and feelings honestly without violence. **Assertive response:** “I feel that you are making fun of me and that you are better than me and I don’t like it”. **Tone of voice:** Kim would know exactly what she wanted to say and would use a serious voice but not too harsh. **Body language:** Kim would look Sue straight in the eyes. Her facial expressions would be relaxed [2].
Explain how the use of assertiveness enhances the relationship: She would know that Kim doesn’t like the way she is acting and would make the friendship more honest. [6]

The evidence provided (annotated checklist and speaking notes) indicated the student demonstrated detailed and coherent practical application of assertiveness skills.

Changes

<table>
<thead>
<tr>
<th>Changes: Maturity- Sue is now playing softball and so she will meet new people.</th>
<th>Changes: Other people- since Sue started softball she has made new friends.</th>
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</thead>
<tbody>
<tr>
<td><strong>How could this damage the relationship:</strong> Kim could feel left out. They could drift apart.</td>
<td><strong>How could this damage the relationship:</strong> More people in a friendship group means that some of them (Kim) might feel left out.</td>
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<td><strong>Strategy to overcome:</strong> They need to sit down and talk about it [8].</td>
<td><strong>Strategy to overcome:</strong> Kim need to talk to Sue and tell her that she is feeling left out [8].</td>
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<tr>
<td><strong>Critical explanation…:</strong> If Kim and Sue sit down and talk about how they are feeling the friendship might not drift apart and the friendship will be truthful [7].</td>
<td><strong>Critical explanation…:</strong> Kim will tell Sue and tell her how she is feeling and Sue will try to make her more welcome in the group [7].</td>
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Rights and responsibilities

*Right:* Treated fairly in a relationship if you are treated fairly you won’t feel left out or mad towards the other person…

Listening skills

*The evidence provided (annotated checklist) indicated the student demonstrated practical application of components of the listening skill.*

<table>
<thead>
<tr>
<th>Skill <em>(abridged)</em></th>
<th>How my use of the skill… could enhance the relationship</th>
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<tbody>
<tr>
<td><strong>Body language:</strong> - nodding in agreement</td>
<td>It will show the person is speaking that you are listening and are interested. It will give the person confidence to speak.</td>
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<tr>
<td><strong>Open questions:</strong> Why are you so upset?</td>
<td>To know more information about the problem. This will help me to get a better understanding of what the problem is. It will let me help in the best way I can by giving me all of the information I need [1].</td>
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