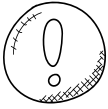


Developing HQCs Worksheet



Instructions



This worksheet is a companion to the Developing High Quality Connections Activity in Moodle. It is suggested that you keep the activity instructions open in your computer as you fill in this worksheet.

Scenario 1

Read the scenario and watch the video, then take a moment to reflect:

What are the thoughts and storyline going through your mind?

What are your initial reactions and how do you feel about Janelle's actions?

What are your assumptions or conclusions about Janelle?

Scenario 2

Read the scenario about Tom, then take a moment to reflect:

What is the narrative running through your mind?

Have you made any assumptions about Tom?

How would you describe Tom's listening skills and ability to create trust?

There are numerous ways and actions in which to build HQCs and trust. We will focus on the following four actions:

- Take an interest in the person.
- Be consistent and reliable.
- Be present.
- Practice radical listening.

Explore each of these four actions online before proceeding with this worksheet.

Reflection Questions

Think about the following. Jot down any thoughts, ideas, or feelings:

How does ethnicity, upbringing, and age impact how you see the world?

How do your perceptions influence how you present yourself to the world, how you listen and what you hear?

Have you considered whether or not you walk with power and privilege, and how this lens affects what you see and experience?

How do assumptions influence cultivating HQCs?

Review scenario 1

Take a moment to read and watch the video clip for scenario 1 again. Then reflect on the following:

How might you perceive and react to Janelle from a different vantage point?

What are possible scenarios that Janelle could be experiencing?

What is one of the actions (below) that you could take to build a HQC and trust with Janelle?

- ☐ Take an interest in the person
- ☐ Be consistent and reliable
- ☐ Be present
- ☐ Practice radical listening

How might you integrate this conscious way of thinking to future real-life situations?

Reflection

Now, think of a project you were involved in. In what ways...

did you create a positive rapport with your associates?

were your your words and actions consistent?

were you able to practice being present?

did you show you were listening?

Rate yourself on a scale of 1-10, 1 (lowest) to 10 (highest) for:

___ taking a genuine interest in other people and their interests

___ being consistent and reliable

___ your practice with being present with others

___ your listening skills

What are your strengths with building trust and HQCs?

Are there any areas you rated yourself on the lower end of the scale and want to develop? If so, what specific actions do you want to take? Are there any actions you want to add to your 26-WEEK Challenge?