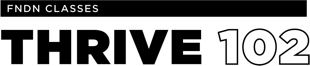
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**FNDN 102 Personal Application Assignment |** Social Connection / Active Listening

**INTRODUCTION**

It is so easy to go through life without taking the time to truly connect face-to-face with your friends, family, and significant others in your life. The purpose of this assignment is to intentionally connect with a meaningful person in your life and practice active listening and empathy while conversing. Social connection can help in many areas of human flourishing such as:

* Buffering against stress since social relationships provide resources (informational, emotional, or tangible) that promote adaptive behavioural or neuroendocrine responses to acute or chronic stressors
* Providing social support assists in dealing with challenges in life.
* Social relationships may directly or indirectly model healthy behaviours promoting health and self-care.
* Being part of a social network gives individuals meaningful roles that provide self-esteem and purpose in life
* Increasing longevity: Individuals with adequate social relationships have a 50% greater likelihood of survival compared to those with poor or insufficient social relationships.

**PART 1 | Application: Intentional Conversation**   
Over the next week, be intentional about having an intentional conversation *at least three times (preferably once a day for three days).* Pick someone who you wish to connect with on a deeper level and set aside 30 minutes (minimum) to sit down and have a conversation. This can be over a meal, coffee, or just one-on-one. As you are connecting, be intentional about practicing active listening and empathy. Listen to your partner with the purpose to fully understand their thoughts and ideas (rather than to give advice, your own thoughts, or your perspective). As you converse, ensure you are summarizing the main themes of this person’s thoughts, and ask questions to more fully understand their perspective. Practice the adage, “Seek first to understand . . . then to be understood.” Listen well to understand rather than using your mental energy to come up with a response.

**PART 2 | Reflection**  
After your conversation, write a one-page summary and reflection on your experience. Write a response to each of the following questions (one new paragraph per question, approximately 1/3 page each):

1. Why did you choose this person with whom you intentionally connected and how did this process impact you and your partner?
2. Did you find active listening challenging or easy? Why?
3. What did you notice about your conversation? What would you tell some else who might want to complete the same exercise?

**Formatting** Your reflection should be one page in length and in APA format (typed, 12 point font size, New Roman Times font, double-spaced with one-inch margins). Please include a title page (there is a template on the Moodle site) and save your file as "First Name\_Last Name\_Social-Connection." Submit in Word™ or .pdf format as per your instructor’s directions.

**RELATED READING**

Holt-Lunstad, Julianne, Smith, Timothy B. & Layton, J Bradley. (2010). Social relationships and mortality risk: a meta-analytic review. *PLoS Medicine,* (7), e1000316. https://ezproxy.student.twu.ca:2420/10.1371/journal.pmed.1000316

**ACTIVITY LOG (copy and paste into a page before your one-page reflection)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DATE** | **TIME PERIOD**  (e.g., 12-12:30) | **SETTING**  (e.g., over lunch in the caf) | **RELATIONSHIP**  (e.g., friend or Mom) | **REFLECTIONS / NOTES** |
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**MARKING RUBRIC**

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| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value  (10)** | **MARK  (10)** |
| Log submitted (1) |  | **1** | 1 |
| Three days logged (9) | 3 pts each | **9** | 9 |
|  | subtotal | **10** | 10 |
|  |  |  |  |
| **REFLECTION** |  | **Value  (35)** | **MARK  (35)** |
| Questions answered | (3x1pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 2. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 3. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
|  | subtotal | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value  (5)** | **MARK (5)** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  | subtotal | **5** | **5** |
|  |  |  |  |
|  | Total | **50** | **50** |
|  |  |  |  |
|  | DEDUCTIONS (if applicable) |  |  |
| **COMMENTS** |  |  |  |
|  |  |  |  |
|  |  |  |  |