**Communication Apprehension: The Silent Destroyer of Engagement and Communication Inside and Outside the Classroom**

**Description**:

Researchers consider communication apprehension (CA) to be the most common handicap suffered by people in contemporary American society. However, although CA is one of the most extensively researched variables in the field of interpersonal communication, educators remain relatively unaware of the debilitating effects of CA on student motivation, participation, learning, and retention. Individuals with high levels of CA experience emotional distress during or anticipating communication, prefer to avoid communication, and are perceived by others and themselves as less competent, skilled, and successful. Students with high levels of CA have been found to drop out of college more frequently and receive lower grades than students with low levels of CA. In this interactive workshop, participants will test their own communication anxiety and begin to understand how to recognize and combat CA in the classroom. Participants will also asses the effects of CA on communication and engagement in the workplace. Participants will also learn and share techniques for embedding communication skills training within the curriculum.

**After attending this workshop, participants will be able to:**

* Recognize behaviors related to communication apprehension.
* Identify effects of communication apprehension on student learning outcomes.
* Distinguish between shyness and communication apprehension.
* Distinguish between types of communication apprehension.
* Analyze factors that increase communication apprehension.
* Discover methods for managing the effects of communication apprehension in the classroom.
* Apply information learned to understanding communication apprehension.
* Assess innovative ways of integrating communication training into the business curriculum.

**Time Line: Session 60-75 Minutes**

All elements of the presentation will be interactive, but I have outlined areas where special attention will be placed on tactile learning and discussion.

1. Recognize behaviors related to communication apprehension.
2. Analyze factors that increase communication apprehension.
3. Assess individual communication apprehension score through an assessment and discussion (Group Activity)
4. Identify effects of communication apprehension on student learning outcomes.
5. Distinguish between shyness and communication apprehension.
6. Distinguish between types of communication apprehension
7. Assess innovative ways of integrating communication training into the business curriculum (Group Discussion)