



Body language

BODY LANGUAGE AND THE
VALUES IN YOUTH WORK
STUDIES AND EMPLOYMENT.

Introduction

- What is body language?
- Is it a useful study skill for youth work and employment?
- Different types of body language.
- What is leakage and clusters?
- How can you use this while working with young people?
- Conclusion

What is body language?

- ▶ Body language is a form of non-verbal communication that people use to convey their true intentions and feelings. This can be useful in youth work to understand young people and their behaviors more clearly. It can be assumed that you can use your body language to support or negate certain assumptions of your character or your observation of others.
- ▶ Body language is an invaluable tool in youth work, whether it is working with young people or your colleagues. Having an open body language is usually viewed as a way for people to observe how you interact. It is also a way to be able to show how dedicated they are to the role you undertake in the youth work sector.

Iman.R. <https://www.forbes.com>

Is body language a useful skill for youth work students and future employment?

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It could be argued that body language is a honed skill that can prove invaluable over time especially while working with young people, but also while learning how to become a productive youth worker by learning from your lecturers. Eighty percent of our communication is used via body language.

- ❖ The ability to read 'in between the lines' when the situation requires it
- ❖ Keeps students engaged if the tutor has a positive, open and encouraging body language. This shows passion for the work and learning
- ❖ Positive body language creates a better learning environment for everyone
- ❖ Positive body language encourages students to make more accurate notes
- ❖ In turn your lecturer can see if you are attentive and listening to them while they teach you.

The different types of positive body language.

Positive body language can be shown in varying forms. Here are some different types of body language signs that are positive in both work and academic studies

- ▶ Smiling.
- ▶ Open palmed hand gestures when taking part in class or work.
- ▶ Leaning in while listening.
- ▶ Eye contact.
- ▶ Mirroring others postures and gestures.
- ▶ Forward facing head tilt.
- ▶ Active participation.

Different types of negative body language.

Negative body language can be more obvious in the work place and in the classroom. These can cause problems especially working with young people as even though they might be young, it could be that they think you do not really care and therefore you will not be able to build a relationship with them. Here are some different types of negative body language that will and can hinder you.

- ▶ Fidgeting
- ▶ Lack of eye contact
- ▶ Lowered head
- ▶ Body turned in a disinterested way.
- ▶ Picking up your phone
- ▶ Mouth blocking
- ▶ Slouching
- ▶ Arms crossed
- ▶ Tapping fingers and/or feet

What are leakage and clusters?

- ❖ Leakage and clusters are defined as a series of non-verbal movements that convey someone's true intentions and feelings. There are many forms of clusters that can be viewed either in a positive and negative way.
- ❖ It can be argued though that unless you get to know the individual over a period of time you cannot draw accurate conclusions to someone's behavior due to a lack of knowledge of their base line.
- ❖ Everyone is different so therefore clusters can be misconstrued. Learning difficulties, ADHD, ODD and other personality types can show different signs and clusters.
- ❖ For instance if someone is anxious, they may show signs of deception.

How can you use this while studying and working with young people?

Study

- ▶ Being able to observe your lecturers passion for youth work will enable you to learn more effectively.
- ▶ Accurate note taking will help in the future.
- ▶ Showing how attentive you are in class will ensure that you are capable of working with young people during your fieldwork.

Work

- Using open body language while working with young people will help build a strong, long lasting relationship.
- Sometimes you are the only person a young person may feel safe with, being able to notice signs of anxiety and discomfort will help you to raise awareness to problems they may be facing.

conclusion

- ▶ Although it is not an exact science, and you need to make note of different personalities, behavior issues and other outside influences, Body language is a useful tool both in your studies and in the youth work Profession.
- ▶ Some simple changes could make the difference between giving a good impression on young people and the other youth work professionals you will come into contact with.

Critical thinking

THE ART OF CRITICAL THINKING.





Introduction

- What is critical thinking?
- How can you use this in study?
- How can you use this in Youth Work?
- Conclusion

What is critical thinking?

- ▶ Critical thinking is the ability to think clearly and rationally, understanding the logical connection between ideas.
- ▶ "Critical thinking is the art of making clear, reasoned judgements based on interpreting, understanding, applying and synthesising evidence gathered from observation, reading and experimentation."
- ▶ Critical thinking in basic terms means using your rational mind to come to the best conclusion to a situation while not operating on instinct or intuition alone
- ▶ There are many different literature available for you to read in order to enable yourself to learn how to think in a critical manner.

Skills you need (no author named)

How to use this to study?

- ▶ Investigate properly
- ▶ To help us interpret and analyze data from a range of different angles
- ▶ To help us understand the material presented to us throughout our studies



How can you use this in Youth Work?

- ▶ Arrive at the best possible solution for the situation
- ▶ Helps youth workers think rationally in stressful or emotionally charged situations
- ▶ Helps make unbiased and rational decisions

Conclusion

To conclude this section thinking critically can ensure that reports and documents that need to be filled in during your professional work, will be written in a way that accurately describes any critical incident that may unfold or just simply describing your work in a professional manner.

Critical thinking skills are vital to youth work and study at university because we cannot just think rashly in potentially dangerous situations for a young person.

A close-up photograph of a hand typing on a laptop keyboard. The image is overlaid with a semi-transparent teal filter. In the top right corner, there is a solid red rectangular block. The text 'Using Modern day technology' is centered over the image in a white, sans-serif font.

Using Modern day
technology

Introduction

How modern technology can be utilized

Advantages of using it in study and in youth work

Disadvantages of using it in study and in youth work

Conclusion

How modern technology can be utilized

Studying

- ▶ Being able to use modern technology allows 'more doors' to be open for you as you can access information from a wide range of sources globally
- ▶ Makes it easier to create and submit reports, essays, assignments etc. rather than on written paper which can be easily lost/damaged
- ▶ The ability to fact check and find references and sources for work

Youth work

- ▶ Online outreach may benefit young people with social issues (anxiety, autism spectrum disorder etc.)
- ▶ Social media can spread the word of services that can be provided and allow for young people to reach out for help anonymously

Advantages and Disadvantages of using modern tech in study and in youth work

Modern day technology is an always evolving source of benefit to students and professionals alike but can also be harmful in many ways.

Advantages

- ▶ Utilizing sources from all over the globe
- ▶ Easier to for young people to be informed on the services in their area
- ▶ Allows youth workers a greater scope of outreach

Disadvantages

- ▶ Not all the information online can be trusted
- ▶ Cyberbullying is ruining the lives of young people and is harder to punish than in person bullying
- ▶ Can sometimes encourage young people to shut themselves off from in person help for online help that might not always be the best option

Conclusion

Being able to use modern technology is an invaluable skill for us as students but also as youth workers not only to be able to study more efficiently but allows us to connect with young people on their level