**ACTIVITIES**

**Nonverbal Communication**

Watch *Secrets of Body Language* from the History Channel:

<http://youtu.be/dW9ztSUGY_Q>

What conclusions does this documentary, which focuses largely on politicians, draw about non-verbal communication? Do you agree or disagree? Which depictions and interpretations of nonverbal behavior did you find most memorable, and why?

**Microexpressions**

Take the test in the link below. How well do you interpret microexpressions?

<http://www.microexpressionstest.com/micro-expressions-test/>

Then take the test with a friend to see if you agree on the microexpression being exhibited and the correct answer according to the website. Discuss why you selected the expressions you did and describe the challenges of interpretation this test presents.

**Culture and Nonverbal Communication**

Identify at least three significant differences between nonverbal practices in two cultures or cocultures (e.g., ethnic, age, or socioeconomic groups). How might these differences produce misunderstandings when members of these groups interact? How can these problems be minimized or avoided?

**Hand Gestures**

Read the following article on twenty hand gestures you should be using. Which of these do you already use? Which of these do you see most commonly used by others? Which of the new gestures would you feel most comfortable incorporating into your delivery?

Film yourself speaking on a topic, using at least five of the recommended gestures. Have a friend give you feedback on your presentation.

http://www.scienceofpeople.com/2015/08/20-hand-gestures-using/?utm\_expid=40598772-14.WOG0NyNsTDO\_D8Y2heCNfQ.1&utm\_referrer=https%3A%2F%2Fwww.google.com%2F

**Observing and Reporting Nonverbal Behavior**

1. Identify an example from your life or from television or film that illustrates each of the six functions of non-verbal communication: repeating, substituting, complementing, accenting, regulating, and contradicting.

2. Body movement, voice, and appearance are important nonverbal factors that influence our judgments about credibility and truthfulness. Consider a courtroom, talk, or reality show, and describe how these dimensions of nonverbal communication affect your perception of someone’s credibility and honesty.

**Impression Management**

Identify a series of nonverbal behaviors (e.g., gesture, posture, voice, touch, clothing, space, time, etc.) that you need to consider during a job interview. Choose another less formal communication situation and discuss how these behaviors would change with the context.

**FOR FURTHER EXPLORATION**

**TED Talk**

Amy Cuddy: “Your body language shapes who you are.”

https://www.ted.com/talks/amy\_cuddy\_your\_body\_language\_shapes\_who\_you\_are/transcript?language=en

**Films**

(For further discussion of these and other films that illustrate communication concepts, see *Now Playing*.)

*The Artist* (2011, Rated PG-13)

Communication Concepts: nonverbal communication, self-concept, facework, relational development and dialectics

*500 Days of Summer* (2009, Rated PG-13)

Communication Concepts: attachment styles, commitment, nonverbal communication, miscommunication, relational development and dialectics

*Hitch* (2005, Rated PG-13)

Communication Concepts: nonverbal communication, interpersonal relationships, gender and communication

**Books**

Ekman, P. (2009). *Telling lies: Clues to Deceit in the Marketplace, Politics, and Marriage.* New York: Norton, pp. 109–110.

Nonverbal communication expert Paul Ekman explores the complexities of detecting deceit in this text that focuses on microexpressions among other behavioral clues.

**Journal Articles**

Camps, J., Tuteleers, C., Stouten, J., & Nelissen, J. (2013). A situational touch: How touch affects people's decision behavior. *Social Influence*, *8*(4), 237–250.

**Abstract:** While the majority of previous findings have shown that interpersonal touch positively affects human interactions (e.g., cooperation), it is unclear whether touch truly is only positively rather than negatively received, and which situations might influence this differential effect. The present research argued and demonstrated that in a competitive situation touch negatively affects cooperative interactions between the persons involved. Specifically, we showed that in a competitive rather than a supportive environment interpersonal touch on the shoulder will reduce helping behavior towards the person invoking the touch.

Field, T. (2010). Touch for socioemotional and physical well-being: A review. *Developmental Review (30) 4*, 367–383.

**Abstract:** This review briefly summarizes recent empirical research on touch. The research includes the role of touch in early development, touch deprivation, touch aversion, emotions that can be conveyed by touch, the importance of touch for interpersonal relationships and how friendly touch affects compliance in different situations. MRI data are reviewed showing activation of the orbitofrontal cortex and the caudate cortex during affective touch. Physiological and biochemical effects of touch are also reviewed including decreased heart rate, blood pressure and cortisol and increased oxytocin. Similar changes noted following moderate pressure massage appear to be mediated by the stimulation of pressure receptors and increased vagal activity. Increased serotonin and decreased substance P may explain its pain-alleviating effects. Positive shifts in frontal EEG also accompany moderate pressure massage along with increased attentiveness, decreased depression and enhanced immune function including increased natural killer cells, making massage therapy one of the most effective forms of touch.

Kimble, C. E., & Seidel, S. D. (1991). Vocal signs of confidence. *Journal of Nonverbal Behavior,* *15*, 99–105.

**Abstract:** This study examined whether two paralinguistic variables, vocal loudness and response latency, were associated with confidence in answers to trivia questions. Audience presence and size were manipulated and subjects' assertiveness was measured. Subjects verbally responded to trivia questions by indicating their choice and how confident they were in each answer. Tapes of these responses were later analyzed for latency of response and loudness of speech. As expected, the more confident individuals were in their answers, the faster and louder they responded. Assertive subjects spoke louder. The presence of an audience had no effects on vocal responding. Apparently, the confidence of a speaker can be inferred from the speed and loudness of the speaker's responses.