

BODY LANGUAGE

by:

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It is an absolute concept that English is a universal language. But for me, body language should also share the same spot.

Body language is communicating with individuals in the absence of any uttered words that are used in overall phases of commerce with others. Nonverbal such as actions by people, using their hands, expression of face, hand gestures, mannerisms, and headshaking should be put into consideration so that the interlocutor comprehends the message better and are often used by individuals who cannot express what they wish to convey in words and hope to clarify by making body movements.

Body language is an indispensable mode of communication with people and is used in everyday tasks. Nonverbal communication is tremendously vital in every culture since words are not always the absolute means to communicate. As a consequence, having an in-depth understanding of body language and utilizing it effectively can boost camaraderie and deal with various situations when dealing with people. Having an inadequate understanding of body language may result in a problem for they could mean differently according to a specific culture (Psychology Today, 2019).

As a teacher, one way to master our craft is to understand our students. We need to have profound knowledge about them. Part of that is to master their body language. We need to identify their needs and wants even though they have not said it yet. Observing their body language and being sensitive to that is vital to creating a good student-teacher relationship. By doing so, we could easily reach out to students, especially the introverted ones.

Aside from that, whether we accept it or not, we expect our students to read and understand our body language as well. A simple stare at them could mean that you want them to be quiet. A simple smile could offer them warmth and acceptance. A simple frown may mean that you disagree with them. If we want our students to be cautious of our own nonverbal, then we also need to master our students' body language as well.

Remember, not everything should be said at once, for most often than not, there are moments that no words could explain wherein the non-spoken ones speak louder than words.

References:

Psychology Today, 2019. Body Language. Sussex Publishers, LLC.

<http://www.google.com/psychologytoday>