

CONVERSATION BEHIND A MASK

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It is easy to understand people mainly because of Facial Expressions, and most of it is the lower part of our face that consists more of that expression. We can tell people we are happy because we smile and pout when sad. When wearing masks became mandatory, most of us became timid – making simple sentences for a conversation that was a ton before. People communicate emotion and comprehend the feelings of others primarily through facial expressions. Only facial emotions can convey happiness, sadness, surprise, disgust, fear, and surprise. However, when a portion of the face is concealed, it becomes more challenging to recognize these signs.

As the Department of Education has initialized face-to-face classes, it has been a struggle for us to deepen our conversation with the people around us while face masks are on.

A broad section of the face is concealed; some depth in our talks was lost, although individuals may develop alternative methods. We can engage in conversational repair to address any potential misunderstandings. We can attempt to elicit specific affiliative responses in novel ways by repeating or reformulating feelings or events reported in the previous section of our conversation, enhanced by hand gestures or voice tone features.

A broader range of multimodal resources may be used in the same ways they are now. Still, with more prominent features: we may squint noticeably behind the mask when we smile, make more extreme head movements, nod more vigorously in agreement, produce head tilts in sympathy, or use hand gestures with broader or bouncy trends. We can accentuate specific characteristics of our voice by increasing the volume,

offering a more comprehensive pitch range, or stretching out sounds. We may discover that we employ "extreme" visual and aural techniques to clarify and unmistakably transmit specific meanings and emotions to our listeners.

Fortunately, we can use what we have left – our eyes – to get back some control over how people communicate with us. If we want to get to know a person wearing a mask, we should look them in the eye. After three seconds of eye contact, people become self-conscious, use more brainpower, and become uncomfortable. But keep in mind that eye contact can also make you look more intelligent and more trustworthy, so keep that in mind.

Be aware of body language, too. We can make ourselves seem more interested in a conversation by turning our body toward the person, leaning in, or nodding. If we want to let someone know that we are ready to speak, we can straighten our posture, hold our index finger, or bounce more often. Finally, be aware that mimicking another person's posture can make them more likely to like you and even agree with you, so be careful about it.

Don't forget how voice can make people feel. It's not just about what you say, but also about how you say it. Along with the words you say, you also use volume, tone, pauses, and fillers to get your point across. For example, a low-pitched whisper could show sadness or insecurity, while a louder shout could show anger or intensity.

Conversations behind the mask are genuinely new to all of us, like how we cope with the latest strategies in teaching, like how we adapt to different modalities that taught teachers to be resourceful and tech-savvy. This time, we are once again having with us our coping mechanism, how to cope with masks, let others feel us, see our smiles and pouts, transfer our energy to our students, let the lesson flow lively and let them think the enthusiast.

A coping mechanism in a Face-to-face class, making conversations behind the masks.

References:

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