

Polishing Your Communication: 52 Tips for Student Athletes

Communication is a vital skill for student athletes, both on and off the field. It allows them to connect with teammates, coaches, and fans, and to express themselves effectively. However, communication is not always easy, and student athletes can often benefit from some guidance on how to improve their skills.

This article provides 52 tips for student athletes on how to polish their communication skills. These tips cover a variety of topics, from verbal communication to nonverbal communication, and from written communication to social media communication. By following these tips, student athletes can improve their ability to communicate effectively in all aspects of their lives.



Polishing Your Communication: 52 Tips for Student Athletes by Lisa Fey

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Verbal Communication

1. **Speak clearly and concisely.** When you speak, make sure to enunciate your words and speak at a moderate pace. This will help your listeners to understand you easily.
2. **Use active voice.** Active voice is more direct and engaging than passive voice. For example, instead of saying "The ball was hit by the player," say "The player hit the ball."
3. **Use strong verbs.** Verbs are the workhorses of a sentence, so choose them carefully. Strong verbs are active, specific, and vivid. For example, instead of saying "I went to the store," say "I sprinted to the store."
4. **Avoid jargon and slang.** Jargon and slang may be common in your everyday speech, but they can be confusing to people who are not familiar with them. When you are communicating with someone who is not familiar with your jargon or slang, use more formal language.
5. **Be respectful.** When you are speaking to someone, be respectful of their time and attention. Do not interrupt them when they are speaking, and do not try to dominate the conversation.
6. **Listen actively.** When someone is speaking to you, pay attention to what they are saying and try to understand their point of view. Do not just wait for your turn to speak.
7. **Ask questions.** If you do not understand something, ask questions. This will help you to clarify what the other person is saying and to show that you are interested in their conversation.
8. **Give feedback.** When someone has finished speaking, give them feedback to show that you were listening and that you understood

what they said. This can be done verbally, nonverbally, or in writing.

Nonverbal Communication

9. **Make eye contact.** Eye contact shows that you are interested in what the other person is saying and that you are paying attention. However, be sure to avoid staring at the other person, as this can be intimidating.
10. **Use gestures.** Gestures can help to emphasize your words and to make your communication more engaging. However, be sure to use gestures appropriately, as too many gestures can be distracting.
11. **Be aware of your body language.** Your body language can communicate a lot about your feelings and intentions. Be sure to stand up straight, make eye contact, and smile. This will make you appear more confident and approachable.
12. **Dress appropriately.** The way you dress can communicate a lot about your personality and your professionalism. When you are meeting with someone for the first time, dress in a way that is appropriate for the occasion.

Written Communication

13. **Write clearly and concisely.** Just like verbal communication, written communication should be clear and concise. Get to the point quickly and avoid using unnecessary words.
14. **Use active voice.** Active voice is more direct and engaging than passive voice. For example, instead of saying "The report was written by the student," say "The student wrote the report."

15. **Use strong verbs.** Verbs are the workhorses of a sentence, so choose them carefully. Strong verbs are active, specific, and vivid. For example, instead of saying "I went to the store," say "I sprinted to the store."
16. **Proofread your work.** Before you submit any written work, be sure to proofread it carefully for errors. This includes checking for grammar, spelling, and punctuation.
17. **Use visuals.** Visuals can help to make your written communication more engaging and easier to understand. For example, you can use charts, graphs, and images to illustrate your points.
18. **Be mindful of your tone.** The tone of your writing can communicate a lot about your personality and your intentions. Be sure to write in a tone that is appropriate for the occasion.

Social Media Communication

19. **Be mindful of what you post.** Everything you post on social media is a reflection of you and your brand. Be sure to think carefully about what you post and how it will be perceived by others.
20. **Be respectful.** When you are communicating on social media, be respectful of others' opinions and beliefs. Do not post anything that is offensive or inflammatory.
21. **Be positive.** Social media is a great way to share positive news and stories. Be sure to post things that will make others smile.
22. **Be engaged.** Social media is a two-way street. Be sure to interact with others by liking, commenting, and sharing their posts.

23. **Use social media for good.** Social media can be used to make a positive impact on the world. Use your platform to share important causes and to raise awareness for issues that you care about.

Communication is a vital skill for student athletes, both on and off the field. By following the tips in this article, student athletes can improve their ability to communicate effectively in all aspects of their lives.

Remember, communication is a skill that takes time and practice to develop. Do not get discouraged if you do not see results immediately. Just keep practicing and you will eventually see improvement.



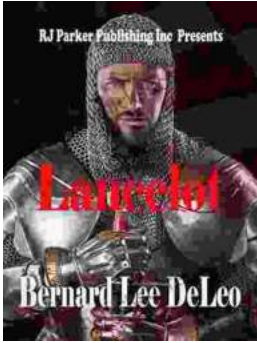
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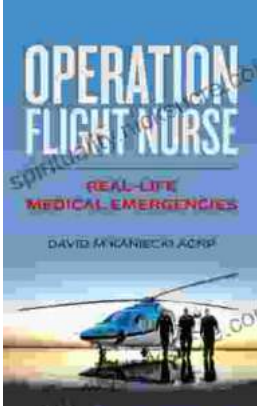
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