



MODULE 1 ADVANTAGES AND DISADVANTAGES OF ONLINE COMMUNICATION



**Co-funded by
the European Union**

THIS PROJECT HAS BEEN FUNDED WITH SUPPORT FROM THE EUROPEAN COMMISSION. THIS PUBLICATION REFLECTS THE VIEWS ONLY OF THE AUTHOR, AND THE COMMISSION CANNOT BE HELD RESPONSIBLE FOR ANY USE WHICH MAY BE MADE OF THE INFORMATION CONTAINED THEREIN.
PROJECT NUMBER: 2022-1-SE01-KA220-VET-000089994

INTRODUCTION

Communication lies at the heart of effective guidance. This module will unravel the intricacies of online communication, helping participants recognize the differences between physical and virtual interactions. Understanding the impact of non-verbal cues in the absence of physical presence will be a focal point, allowing practitioners to fine-tune their communication styles to the nuances of the digital space. This activity aims to provide an introduction to Thematic module 1: Online communication.

Through this activity participants will be able to analyse the advantages and disadvantages of physical and online communication. Through the identification of these elements the participants will be able to use the information provided and adapt them into real life situations such as counselling in both an online and physical format.



OBJECTIVES

- This activity aims to analyse the differences between physical and online communication.

TYPE



**GROUP
DISCUSSION**

DURATION

60-90 minutes
depending on the
size of the group

MATERIALS NEEDED FOR THE IMPLEMENTATION

If the activity takes place in a physical format the materials needed are:

1. Chairs
2. Tables
3. Board / Flip chart/ 4 big paper sheets (one per question)
4. Sticky notes (for participants to include their answers)
5. Board marker/ markers

If the activity takes place in an online format the materials needed are:

- Laptop
- Internet connection
- Platform of choice for the discussion to take place i.e. Zoom, Microsoft teams.

METHODOLOGY

To implement this activity, the trainer should follow the steps as described below:

- Prior to the meeting with the participants, you should divide them in 4 groups where each group will focus on one of the following questions:
 - What are the advantages of f2f guidance?
 - What are the disadvantages of f2f guidance?
 - What are the advantages of online guidance?
 - What are the disadvantages of online guidance?
- The setting must be prepared whether you have decided that the activity will take place in a physical or an online format.
- In case the activity takes place in a physical format you should prepare the setting by setting up 4 tables with chairs for each group, 1 big paper per group, some sticky notes for participants to write their input and pens so that they can write on the sticky notes.



METHODOLOGY

- In case the activity takes place in an online format, you should prepare the platform link as well as assign members into breakout rooms.
- In any case of implementation, the World café method is suggested to be used since participants will rotate and have the opportunity to answer all questions and thus provide their own perspective.
 - One participant will be the 'leader' of the group and will not rotate in the other groups. Alternatively, the leader will be providing instructions to the rest of the participants.
- Participants should be given about 10 – 20 minutes per question, depending on their size
- After all participants have made the round through all the tables, each table leader should provide a summary of what has been mentioned in their table.
- After all the results, it is suggested that you have a 10 – 20-minute discussion on the topic and further additions.



FURTHER RESOURCES

- Prometheus – Online Career Counselling Guide :
[https://ec.europa.eu/programmes/erasmus-plus/project-result-content/d7237e4d-fb3e-4ad9-b249-ed0863ec530b/Prometheus Online Career Counselling Guide EN.pdf](https://ec.europa.eu/programmes/erasmus-plus/project-result-content/d7237e4d-fb3e-4ad9-b249-ed0863ec530b/Prometheus%20Online%20Career%20Counselling%20Guide%20EN.pdf)
- How can you choose between online and face-to-face career counselling?
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<https://www.linkedin.com/advice/1/how-can-you-choose-between-online-face-to-face-le>

