

Toolkit Activity 22: Speed dating activity

Activity title	Train and Practice clarity of message
Aim	The aim of this activity is to improve your communication skills.
Related to subchapter	5.1: Social Media and Online Communication – Do or Don't?
Group / Individual activity	Activity in pairs
Duration	45 min
Online / Offline activity	Offline or online activity
Materials needed	None

Step-by-step instructions:

- Speed dating originated in 1998 as an efficient way for prospective romantic partners to meet each other (Deyo & Deyo, 2003); however, the method was co-opted by the educational world and adapted for the classroom in 2005 (Muurlink & Matas, 2011). In an educational setting, speed dating consists of a series of brief one-on-one interactions between students (Murphy, 2005; Muurlink & Matas, 2011).
- Ask the participants to form two lines facing one another. Assign a letter to each line (e.g. A and B). (If this activity is online you can do it in break out rooms)
- The participants have 2 minutes each to answer the question: What is my profession and what do I aim to achieve in life? to the person sitting opposite them.
- When the time passes, the facilitator, who must keep time, notifies the participants to move on to their next partner. Once students rotate to their new partners, the timer is reset and participants again discuss their topic or question, this time with a new discussion partner. The session proceeds in this manner, with each student getting the opportunity to interact with multiple other participants in a series of brief one-on-one discussions (Murphy, 2005).
- Evaluate the use of the paraphrasing technique after the conversation.
 - How well did it work?
 - How do you feel about having to talk to someone for such a little time?
 - How did the speaker react to the technique?
 - How did using the technique affect your conversation?

Take-away message: This activity helps you to understand the importance of sending a clear and short message to your audience in order for them to understand you. Social media and digital media is a very useful tool for communication and for sending out your message to your possible mentees but your message needs to be clear and short for them to listen to it! The activity emphasizes the exchange of valid information in a short amount of time, just like it happens when you are using social media.