

**Name of Program:** Love Languages

**Target Audience:**

Sophomores and/or Juniors and/or Seniors

**Strategy for Implementation:**

RC/RSL Program: Quiz followed up with a group discussion

**Time of Year to Implement:**

**Relevant Learning Goal:**

**Goal 3: Interpersonal Intelligence**

**Narrative:** A thriving individual needs the skills to advocate for themselves and collaborate with others in a variety of situations. They should understand the impact of their actions on others. It involves effective verbal and nonverbal communication and the ability to entertain multiple perspectives.

**Goal 4: Intrapersonal Intelligence**

**Narrative:** Transitioning away from home and into a rigorous academic and co-ed residential environment can be challenging for students and impact their emotional well-being, mental health and sense of self. Students will be able to address these changes by cultivating resilience, self-care skills, and utilization of available resources. Students will become more proficient in identifying and verbalizing their needs, ideas, thoughts and values.

**Specific Lesson Outcomes:**

Students will learn what their love language is by identifying their needs, thoughts, and values, and in doing such will be exploring their respective identity and personal values. Students will learn of languages other than their own to enrich their understanding of others and their differing perspectives. This knowledge will allow them to efficiently understand and engage in effective verbal and nonverbal communication with others and the importance of that understanding as it impacts themselves and others.

**Purpose:** It is important to understand our “love language” as it equips us to better understand and effectively communicate our emotional needs, as well as know the languages of those apart from ourselves so we may have insight on how to best meet the emotional needs of others. This exercise of self-reflection and lesson in differing perspectives will facilitate the healthy interpersonal and intrapersonal relationships of students.

**Planning and Preparation:**

No material cost necessary, students can take the quiz on either their phones or their computers.

**Introduction:** Start by explaining the different languages to the students, perhaps by providing examples of your specific language and how it relates to you and your interpersonal relationships. Emphasize how not all interpersonal relationships are romantic, and knowing the language of your friends, family, and peers is an equally important venture for truly effective communicating where all parties involved feel cared for and respected.

**Body of Program:** Continue by asking the students to utilize either their phone or computer to take the quiz so that they may better understand their own language and the significance it plays in both their intrapersonal relationship and their interpersonal relationships. Detail the importance of understanding your own language as well as the language of others, and how this is integral for thriving, healthy, and effective communication and relationships.

**Conclusion:** End by encouraging students to share what their languages are with their loved ones, and engaging in a thought exercise where students identify perspectives different than their own, and detail the ways in which understanding this impacts them.

For Example:

Were you surprised by your love language? Why or why not?

What are some ways you can use your love language to show others you care?

What should you do if you and someone else have different love languages?

**Assessment:** Students will accurately be able to identify their own love language and detail the importance of effectively communicating this to others. This can be assessed through a version of speed sharing or small group debrief. Students will demonstrate an understanding of different languages and how this affects all of their interpersonal relationships. Have them express their top 2 love languages ; facilitator would in turn be able to better support their students.

**References:**

<https://www.5lovelanguages.com/quizzes/teen-quiz/>

<https://www.5lovelanguages.com/book/a-teens-guide-to-the-5-love-languages/>