

## **Relationships**

**00:00:08**

**Chrissy Coley – Senior Strategic Consultant with SunGard Higher Education**

How to communicate effectively, how to really listen to someone else and what their thoughts and feelings are but also how to articulate what you feel and what you think and what your preferences are.

**Emma Kay – Student**

Hi.

**Man 1**

How you doing?

**Kay**

Good.

**Man 1**

Good, start on your homework?

**Kay**

Yeah. It's kind of boring but I have to get it done.

**Man 1**

Want to do anything later?

**Kay**

Yeah.

**00:00:32**

**Kay**

We've been together for almost two and a half years, so we've been together since I was 16. He is one hundred percent there for me. He completely supports everything that I'm doing.

**Vanessa Bautista – Student**

My relationship gets in the way of-- a lot. I was like is it just little conflicts of here and there, it's like just building up anger and like tension from like all the stress.

**00:00:55**

**Kay**

Both of us know that our education and our careers are really, you know, the set things that are gonna be in our lives in the future. You know, we're hoping that we're gonna be together for the rest of our lives right now but you know there's still that chance that we're not and so, why sacrifice something that is gonna be there a hundred percent of the time for something that could possibly end?

**00:01:18**

**Coley**

It may be a compromise or it may be finding that win/win situation and that's what we hope that they are able to have an authentic relationship, that they are able to share what they're thinking and how they're feeling, to be able to share their values and what their goals are and to be able to really listen intently to the other person as well so that everyone can come to the table respectfully and also come away feeling that they've been listened to and that they matter and that they're both getting what they need to out of that relationship, the support that they need and being able to learn and grow and to achieve their goals.