**COM-115 Assignment 1: Self-Concept Worksheet & Plan**

**Part 1: Understanding *Self***

**Who Am I? Reflection**

Complete the following.

Name:

Write ten “I am” statements.  Refer to Ch. 2 in your text for guidance.

I think who I am depends on the perspective who is looking, but in general this is the general trends of who I am:

1. I am a fighter.  
2. I am responsible of myself and my own actions because I cannot control the world.   
3. I am a details-oriented person.   
4. I am a person who finds thrill in challenges because of but not limited to line 5.   
5. I am a problem solver because I enjoy figuring things out.   
6. I am stubborn, sometimes, if I feel like it is worthy enough to hold my ground for.   
7. I am someone with time management issues but working to improve that.   
8. I am someone who loves what I do.   
9. I am prideful - prideful of both my failures and successes as if they were the same.   
10. I am someone who accepts myself for who I am at the end of the day, because If I were perfect, I would find myself boring.

**Attitudes, Beliefs and Values**

Refer to Ch. 2 in your text for guidance on the definitions for each of these terms. Then answer the following questions

* List one thing that you like (attitude). How does this affect your day to day life?

I like my career as web-developer. It results in me loving my job at school and my studies in school. It is the reason I am who I am in the school as Academic Consultant, because If I didn’t love what I do, I would not be able to be as good at it and even if I was regardless I would be miserable while doing so, which would make it pointless because it would be to go against a part of who I am.

* List one thing that you dislike (attitude). How does this affect your day to day life?

I dislike- firstly, there are not many things I dislike strongly enough to impair my ability to ignore it and get over it. But I generally tend to scrutinize on mornings and waking up early. So many times have I woken up too early after going to bed late through all of my life that since little my body and mind have kind of adjusted to assume the morning is not my most productive time of the day. It is not something that started as I became a teenager, but something that has been building up since I was even in 1st and 2nd grade. I never disliked school but waking up early was just “torture”. Now it does not matter if I must wake up at 6am or 5am that I will wake up and do whatever I have to do but my mind and body are still predisposed against it. Mentally, my mind reminds numb and my consciousness seems to still be half-asleep and highly reduced in focus for at least one or two hours. Physically, my senses are numbed out and my body feels like it weights me down. It might sound like is normal if I slept too little, but if I sleep 3 -5 hours tonight from 5am-8am and then at night try to stay up at 3am, at 3am my mind remains alert and my body doesn’t show signs of being tired at all. The only part that doesn’t follow the trend is my eyes, they get dehydrated often because I spend too much time on the computer but with all due fact, they don’t care if it is night or morning to burn when they are tired. – that is why is 4am here and I am still here doing this assignment. I placed it on attitude because is just a habit. I do not truly believe that mornings are evil, I have just grown used to being more active at night.

I have tried to reshape it, but at this point is not practical, I can’t waste time from doing my assignments to re-arrange my sleep cycle for who knows how many months a full-life habit will take to be reshaped. I tried it once, and 2 weeks was not enough so it will have to wait.

* List two strong beliefs you have and describe how each of these beliefs affects your behavior and/or your interaction with others.
* List two of your values and describe how each of these values affects your behavior and/or your interaction with others.

I can be very protective of my value of accepting all humans regardless of meaningless aspects of their existence like gender, race, ethnicity, or religion or etc...

I simply believe in equality; I say I believe because I know some people out there see this point differently but is not a belief because this is my own perspective of what is right and wrong. I just see it as if all humans are different on the sense of how they behave, what they do and what they say but when it comes to the essence, we are all the same. We all bleed when cut, we all die and we are all born, and we all get hurt and we can all choose our own decisions. It affects my interactions with others because I can be very harsh with those that insist on stereotyping others based on appearances or origin. It also affects my behavior and interaction with others because I would not judge anyone without knowing them a bit better. I know in an unconscious level we always judge people for their appearance to some extent even when trying not to but if I can ignore or reduce that bias as much as I can when I meet a new person, I will be glad. This value has allowed me to meet some great people who one would hardly guess they belong to that stereotypical group they are often placed at.

Another one of my values revolves around honesty and integrity. Some people say that is fine if you are not caught but will your conscience really be fine? Not always, in fact, most of the time is not and can be considered a psychological disorder in extreme cases. The way I see it is, if there is something that goes against a feeling of rightfulness then I shall not do it because else I will regret it later. It has kept me away from a lot of people that have tried to push my patience because it has made me a person who means “no” when I say “no” and makes me respect more those who understands it or at most accepts it.

**Part 2: Communication Social Style and *Self***

**What’s Your Communication Social Style?**

The following questionnaire lists twenty personality characteristics. Please indicate the degree to which you believe each of these characteristics applies to you, as you normally communicate with others, by marking whether you (5) strongly agree that it applies, (4) agree that it applies, (3) are undecided, (2) disagree that it applies, or (1) strongly disagree that it applies. There are no right or wrong answers. Work quickly; record your first impression.

      4        1. helpful

     4        2. defends own beliefs

     4       3. independent

     4       4. responsive to others

      2      5. forceful

      3      6. has strong personality

      4       7. sympathetic

      4       8. compassionate

    3         9. assertive

     4       10. sensitive to the needs of others

      3      11. dominant

      3      12. sincere

      3      13. gentle

      3      14. willing to take a stand

      4      15. warm

      1      16. tender

     4       17. friendly

      4      18. acts as a leader

      2     19. aggressive

    3       20. competitive

**Scoring the Questionnaire**

Items 2, 3, 5, 6, 9, 11, 14, 18, 19, and 20 measure assertiveness. Add the scores on these items to get your assertiveness score. Items 1, 4, 7, 8, 10, 12, 13, 15, 16, and 17 measure responsiveness. Add the scores on these items to get your responsiveness score. Scores range from 50 to 10. The higher your scores, the higher your orientation toward assertiveness and responsiveness. Record your scores below:

Note: I kind of used 3 as “it depends” because I do not always behave the same way, like I think we all do not always take the same decision even in similar situations. So, I went for 3 on several of them because I was undecided on which would come more often.

* Assertiveness score: \_\_\_31\_\_\_\_\_16+15= 31
* Responsiveness score: \_\_\_35\_\_ 28+7=35

**Source:**J. C. McCroskey and V. P. Richmond. *Fundamentals of Human Communications: An Interpersonal Perspective*. Reprinted with permission of James C. McCroskey and Virgina P. Richmond.

Based on your answers to the questionnaire above, answer the following questions.

* What surprised you?  
    
  Lots of 3s and 4s, not a single 5 and only one 1.
* What did not surprise you?  
    
  I generally know myself well. I spend a lot of time thinking things over and analyzing why I do things the way I do even if I do not always get a solid answer. What surprised me most is that last time I had to complete one of these my results would have been much more different. I have known that over the last 10 months I have changes a lot, but this activity really slapped it on my face, that is not a bad thing.
* Are you more likely or less likely to self-disclose?  Explain your thoughts.  
    
  I would say less likely because the way I see it is not like I was asked If I committed a crime. I like to self-criticize and take in other’s criticism well. At the end of the road it is part of improvement not failure. Not being true to the activity would feel like excusing myself for it.
* What are your self-disclosure trends in social media?  
    
  If I do not want to say it, I just do not say it. Is been a long time since I isolated myself from social media because I just do not have nothing to say there. Sometimes I might miss some people and jump quick to make sure they are fine. I would greet them and ask how they are doing and have a small talk if there is anything major to comment or ask about, other than that is all disclosed or omitted entirely. – Hence, perhaps I can say that my self-disclosure trend is omission.

**Reflection**

Based on the questionnaire results, answer the questions below as you reflect on your communication social style and self.

* What are you doing well, what are your strengths?    
    
  My strengths are on kindness and empathy. I like to take into consideration other’s feelings when I am talking to them and I like to be friendly to them while I do because that relaxes them and myself into focusing better on the tasks at hand. – So, the last part might sound like a contradiction but is a thing of my career field. After spending many hours in front of the computer reading, writing, and looking at nothing but code you can become numb easily. I love what I do, and I was built for spending hours in the computer without losing my sanity, but the majority get really worn out by it. Very often, all they need is a couple of hints, encouragement, and a joke to lighten their mood and they end up figuring it out on their own.
* How do you plan to capitalize on your strengths?   
    
  I will continue with what I do. But most importantly, I will keep trying to look for ways to get them to lighten each other’s moods more often. It might sound childish but is even backed up by science (I just don’t want to waste time looking up the sources for it now, so I won’t) that smiling and thinking positive about what you’re doing what increase cognition. I want to work hard to build self-motivation on them so they can take it forever and everywhere on their life.
* What areas have you identified that you want to improve?    
    
  I know I am often not very assertive. In the quest of not wanting to hurt anybody’s feelings I tend to push my own limits and the limits of time and I know I must stop that…
* How do you plan to improve on those areas?  
    
  I have been practicing being more assertive. With time I have come to realize that the reason why I have time management issues not for the time measure itself but because I am not assertive enough to enforce it on my surroundings. I have started with I must bring back the side of me that I have ignored because I have been bussing myself too much. This will help me get motivated and less guilty about not spoiling the other students when they ask for help outside of the hours that I have scheduled for the week. As academic consultant we have a maximum amount of hours per 15days, and I have to clock in for the time I work, but if I give them more time that can be a threat to that maximum time limit- not to mention that the more attention the more they get habituated to me guiding them to the answer. It is essential for a developer to know and get comfortable on going through the problem-solving task from scratch on their own if I always facilitate it that will not help them much in the long run. Basically there is a very thin line between helping too much and helping too little; I have been over the line for a while and since a few weeks ago I have started to try to get down to the line little by little while making sure and monitoring that it never goes beneath it. That brings out the next how, which is to spend some time to create alternative resources for all classes that they can fall back to when I am not around.

**Part 3: Communication Social Style and Others**

**Communication with Others**

Answer the following questions.  Write your responses in at least 50 words.

* Consider two different people that you know well.  What do you identify as their dominant communication social style?  List at least three specific behaviors to justify your response. Answer in the space below.  
    
  My mom is mostly responsive. She is always gentle and friendly to others, even strangers. She is sympathetic and compassionate and likes to consider everyone’s point of view when taking a decision. She is also very sincere, gentle, and warm for about 85% of the cases. She’s soft enough to be called gentle and tender, she doesn’t even know how to lie or pretend even if she tried and also if she is not comfortable or uninterested she also doesn’t even know how to pretend otherwise.

One of my best friends however is very assertive. Straight and to the point all the time, not even to make a joke. Not too forceful has to be rude but very assertive and decisive on whatever decision taken or spoken. Dominant in a very interesting manner, is one of those persons that made you do what they wanted you to do before you even realize it which makes him a great leader for most, if not all, situations. That also means he is very stubborn on his decisions and believes, even though I will never understand what the usefulness of a two-hundred-dollar headset is and will always scrutinize it trying to understand it.

* Describe a situation in which you would adapt or not adapt your communication social style.  Would you be more assertive or responsive toward someone else in that situation? Explain your response. Answer in the space below.  
    
  I am probably a bit more responsive than assertive, I used to be even less assertive before. However, even since before there are some cases when they just pinch my nerve and gets my assertive side out. Which is mostly when it comes to dealing with situations that have to do with bullies or rude people in general. Even when I used to be lazy about talking to others, they never failed to get me to speak up on my strongest tone. For example, once I was in physical education class. They had made a mistake and left me in that class for 2 weeks on the very start of the school year while they fixed my schedule. There I befriended a girl from that class and there was also one of those immature idiots that think that being annoying will get a girl’s attention. He was bugging her for one day, two days- She had continuously told him to stop and stop bothering and he kept bothering. The third day was a Friday I still remember it clearly. He took one of things and as he was going to run away mockingly, I grabbed the back of his collar and watched him turn to look at me out of shock. It was all nonverbal communication. He handed her back he took and walked away quietly; never bothered her again, not even tried, at most for as long as I was in that class. So no, if I’m dealing with someone like a bully I will be sharp, to the point and I’m not going to care if it comes through as aggressive is something that has never changed but is something I do rarely, which is why forceful and aggressive are marked as 2 in the questionnaire.

**Schutz’s Inclusion, Control, and Affection**Schutz’s tenets of inclusion, control, and affection are helpful for understanding how interpersonal relationships function.  In this section, you will apply his tenets to a recent interpersonal interaction. Then, you will explain how Schutz’s identification of these three primary social needs affect your communication with others.

* To begin, reflect on an ongoing interpersonal relationship. For example, a co-worker, a close friend, or a family member.
* Answer the following questions with specific examples from interactions with the person. Refer to section “Self and Interpersonal Needs” in Ch. 2 of your text for guidance.  
  + Who is the person you are referencing in this section? Describe this relationship.  
      
    I think the relationship I will breakdown is the one I have with my boyfriend. I feel like we keep a good balance of these three on our own way depending on each other’s needs and we often communicate if there is anything that seems not to be working.
  + What is the level of inclusion in this relationship?   
      
    We are both very independent. We used to both be kind of loners because he does not like to speak much with others, and I do not find it easy to trust other people. So, since we have met our level of inclusion is a lot lower than normal couples that seem not to ever be able to go one hour without sending each other a message. We are both busy most of the time and in topics we have nothing to do with, it is something we both accept and embrace. That does not mean we do not enjoy doing things together. Just sitting beside each other while working and taking short walks together are enough to bring us together. For example, we both feel unmotivated when it comes to going for a walk without the other.
  + What is the level of control in this relationship?  
      
    I have a strong character; I do things on my own a lot and I am used to taking the initiative on important decisions. In a certain way any outsider might seem that I have more control of the relationship, but it is nothing like that. He also has a strong character and is more stubborn than me. When there is an aspect, he cares to intervene on he gets the last say on it until we find a compromise. And I almost never step a foot on his decisions until he asks me for my opinion on them. We might sound like some old-fashioned couple, but we are just naturally like that. For that matter I have also come to realize that I gradually have been getting used to more often slowing down to hear his opinion Before taking the decisions or at most commenting about them with him early.
  + What is the level of affection in this relationship?  
      
    It might sound like we are distant, but we are very affectionate with each other on our own ways. We almost every day greet each other soon or right after we wake up and before going to sleep or whenever we have free time (we don’t live together, in fact, we live in different so our communication for the last 2 years out of 3 has been long-distance). I admit I am clingier on my affection than he is- when it comes to things like holding his arm and kissing his cheek regardless of who is watching. His shows of affection are a bit more passive. Even before we were together, even if I were talking with someone else, he would walk with me and keep me company calmly all the way down the hall. And now it is kind of has remained like that. I am still the one who gets anxious and sends him a hundred messages when I’m awaiting a reply when I have no reason to be because I know exactly what he is doing and he still patiently waits for my reply to answer a second after I do.
  + On a scale of 1-10 (1 being the lowest and 10 being highest), what is your level of satisfaction with the relationship? Explain your answer.  
    I will go for a 7. We still have some control details we are working on because we are still both used to taking decisions on our own and we have a way to go before we can find the perfect balance on that matter. Also, the fact that we live far away from each other doesn’t help, we show our affection towards each other as often as we can and while neither of us has the need for high amounts of affection it will never be the same because it would be a lie to say it is not painful for both sides. When it comes to inclusion, we both require little inclusion and have little need for inclusion too, even just sitting beside each other even if we are doing different things most of the time is enough for both of us.