

## Chapter 1

### Best definition of communication 1.2

things

Scholars recommend to combat loneliness 1.1.1

Transactional model

1.2.1 pg 10

Definition of communication

pg 9  
1.1.1

## Chapter 2.

2.1 mediated communication

2.1 mediated communication vs social media examples

2.1.1 is technology a way we replace or add on to communication

2.1.1 mediated communication vs mass communication

## Chapter 3

3.1.1 Be aware of cultures & unique connections

3.2.1 Low context cultures & non verbal web

3.3.3 Generational social connections at work

## Chapter 4

4.1 Personal success self esteem vs self perception

4.1.1 Infant self realization

4.2.3 is the phrase "Just be yourself" a good phrase for everyone?

## Chapter 5

perception is reality  
first order realities vs second order realities

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negotiation

What are narratives?