

Myself as a Communicator

Myself as a Communicator is a collection of reflections on some of the communication skills I learned about while completing Comm-1010 in Fall of 2020 at Salt Lake Community College. These reflection prompts were assigned throughout the semester. They required a length of at least two paragraphs and the use of examples from my own life as well as course material. Perception and Self, Verbal Communication, Listening Skills, and Non-Verbal communication skills are the topics of my reflections and each included their own questions I was required to answer. I hope you enjoy learning a little bit about myself and hopefully this may help your own communication skills!

Perception & Self

1. What is a positive label that has been given to you in your life? How has that label affected your self-concept? How has this label affected the way you communicate with others?
2. What is a negative label that has been given to you in your life? How has that label affected your self-concept? How has this label affected the way you communicate with others?
3. Is it your ethical responsibility to be careful of the labels you give others and adapt your communication to accommodate others? Why or Why not?

A positive label that has been given to me is that I am a hard worker. I work for a family owned company and it is important to me to be a hard worker because the more work I get done and the faster I do it the more I am able to support my family. My self-concept is empowered when I work with other people and we get a job done quickly and efficiently together. I communicate with others as honest and clear as I can. I figure that is a great reflection of my work ethic.

A negative label that I have received is that I am spoiled. From the outside looking in I completely understand why someone would give me this label. Looks are deceiving. I am a hard worker that may not own a lot but I am honest and fair. These traits have allowed me to keep good relationships with my family and friends. For example these traits have allowed me to drive a company truck when I want. I think it is important to always fulfill your share. I think it is extremely important to give as much or more than you get.

I think it is your ethical responsibility to be careful of the labels you give others. It is not fair or cool at all to judge others and give them negative labels. I agree that we have a responsibility to look out for the well being of those around us. I think it depends on the situation and the other people if you should or should not adapt your communication to accommodate them. I am a strong believer in saying what you want to say, how you want to say it, when you want to say it because we all should live life to

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the fullest and not hold anything back. Regret nothing. Just consider the consequences.. =]

Verbal Communication

1. In Chapter 3 and Unit 3.1 you learned about effective verbal communication. What course concept did you find the most helpful for improving your adaption of verbal messages? Why? How do you plan to use that concept, in your relationships and interactions moving forward?
2. As we adapt our messages and make them more effective is there an ethical line to not be crossed? Hitler is a good example of this. An effective communicator, yes, an ethical one, no. Can you think of an example in your life or someone close to you where this "ethical line" may have been crossed? Also loop back to the discussion on ethics in Chapter 1 and Unit 1.1, make connections.

Most of the time verbal communication and nonverbal communication complement each other but, that is not always the case. "The language of verbal communication is a digital code that represents messages through the use of symbols, whereas nonverbal communication is an analog code that represents things through likeness or similarity"(EDWARDS, 2017).

I have learned that verbal communication is so powerful because verbal communication is how we are able to express clear and exact messages with our words. I recently began working for Salt Lake Community College in the parking services department. Due to this recent change I have had to enhance my verbal communication skills significantly! When I take a phone call or I need to communicate an issue I am having with a co-worker it is very important to everybody involved that my words and overall communication is clear and effective.

The fact that words are symbols was very interesting and fun to learn about! I grew up in a bilingual household and I would often see writing or hear words that I did not entirely understand. My father who has since passed was Lebanese and Arabic was the language I was being exposed to. My parents divorced when I was around 7 years old resulting in me living with my American mom since then. American culture is what I am most familiar with and I am only fluent in English. My point is when I learned that symbols are uniquely human and that is how we craft our social world I started to see why it is so important to understand another's culture in order to comprehend the symbols or words they use to express their message.

I have much respect for those who know more than one language. I think one would have to understand the symbols and culture associated with a language in order to be fluent in that language. Verbal communication is a skill and can be fun to build upon. Effective verbal communication is extremely important in the world today no matter where you are or what you are doing. I will continue to be aware of my surroundings and learn as much as I can about the world we live in so I may explore, have fun, and express myself.

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Listening

1. Do you believe you are an effective listener? Why or why not? Use what you learned in Unit 3.2 and Chapter 5 as evidence for your answer.
2. How has listening and empathy played a positive or negative role in your relationships and interactions with others? How might you improve?

Truly listening requires effort. Listening is about being active in a conversation and connecting messages with their intended meanings. A great listener does not get easily distracted during a conversation and returns thoughtful, meaningful messages. I strive to listen more than I talk. I understand that sometimes when people talk to me they say one thing but mean another. In these types of situations I find it best to be patient and listen for as long as I can before replying. Empathetic listening skills is essential because listening without judging can not only help the speaker feel understood but provides the listener with the ability to logically respond without the interference caused by emotions.

I try very hard to strengthen my Empathetic, Comprehensive, and Critical Listening skills every chance I get. I know I do not know it all but, I love to listen to it all. Information is gold. Education is important to me because I am interested in the world I am living in and I want to learn as much as I can to help others and make the world a better place. Every soul deserves to be heard because life is so delicate and beautiful. Taking the time to truly listen to others has only made my life easier and more enjoyable! I strive to resemble a lighthouse and spread the light.

Nonverbal communication

1. What types of nonverbal behaviors do you succeed at? Look to Chapter 4 for specific behaviors you can speak about.
2. What types of nonverbal behaviors do you need to work on? What might you do to improve? Look to Chapter 4 for specific behaviors you can speak about.

“Chronemics is the study of the ways in which time is used to structure interactions (Kalman & Rafaeli, 2011)” - p.90. I find it amusing using nonverbal communication at the perfect time! I tend to communicate with eye contact in order to let the speaker know I am listening right then and there. I think that is important to be in the moment and communicate effectively in a timely manner. I do confess that it is normal for me to find myself using a lot of well timed sarcasm throughout the day.

I like communicating with GIFs or Emojis! I believe a picture says a thousand words and a good GIF can effectively communicate a message much better than any words. I suggest you try it! I have always repeated if you look good, you will feel good and thus, do good. I have only recently understood the importance of my physical appearance! I thought I was as cute as a button and I would always be that way no

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matter what! =] I was rudely awakened when I was confronted by someone who underestimated my authority due to my lack of professional appearance. It is important to keep in mind your appearance because in a way it is communicating non-verbally with others.

I could improve my nonverbal immediacy. Greater nonverbal immediacy behaviors would allow me to more effectively communicate with others through facial expressions, vocal cues, and touch. I lack in these areas and the only way I am going to get better is to practice, practice, practice! Good thing I am interested in the benefits of socializing with others so I can learn new things, explore new places, and bring my best self to the world!

Final Summary

I am very grateful for the opportunity to take this communications course and further develop my skills in communication. I am more patient and understanding when others are talking to me. I do not feel the need to say so many words when I am talking now and I think that is an important concept. It is important to say what you feel and mean what you say when you say it. Verbal Communication is not the only type of communication and I am glad I understand that now. Being in the moment and taking the time to truly listen and effectively communicate your thoughts and feelings is one of the most important things I learned from this course.

I have a new passion for communication! I like how much my life has changed since I learned how to listen and express my ideas effectively. I know I can learn much more in the art of communication and I look forward to that. I hope everyone takes the time to dabble in the art of communication in order to better the lives of themselves and those around them. =]

Reference List

EDWARDS, A. (2017). *Communication age + the communication age, 2nd ed. interactive ebook + speech planner + goreact*. Place of publication not identified: SAGE PUBLICATIONS.