

M1D2: Who Do You See in the Mirror

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COM115: Interpersonal Communication

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Abstract

Overview

Identifying our flaws and weaknesses can be hard. Ultimately though, we can never improve unless we first figure out what we are doing wrong.

Earlier this module, you researched effective interpersonal communication and created a list of important skills.

Now, you will analyze your own communication abilities and use this information to create a plan to work on the areas in which you need to improve. For example, reflect upon King George in the movie clip referenced in Module 1 Discussion 1. He is very aware of his stutter, which is the first step toward solving the problem.

This is your opportunity to be honest and open with yourself so you can identify interpersonal skills you want to improve and practice improving your interpersonal skills throughout the course. You know what they say: practice makes perfect!

You should spend approximately 3.5 hours on this assignment.

M1D2: Who Do You See in the Mirror**Initial Post****Instructions**

1. Using the list of skills of effective interpersonal communicators that you developed in Module 1 Discussion 1, rank your current ability on each skill.
2. Use this ranking system to rank your current ability:
 - (a) I never use this skill/I am poor at this skill
 - (b) Rarely
 - (c) Sometimes
 - (d) Most of the time
 - (e) Always
3. Consider the items you ranked as 1, 2, 3, 4, or 5. How important are those traits in your life? Why are they important or unimportant?
4. Be honest with yourself! Only you will see your personal rankings; therefore, do not share your rankings in the Main post.
5. In your Main post, list two (2) interpersonal communication skills you will commit to work on improving during the length of our class (and beyond). Explain why you have chosen these two interpersonal communication skills, using information from your rankings and your subjective determination of their importance to you. Include some preliminary ideas for how you will improve these traits, both in your personal life and professional life (if applicable).
6. Next, read and comment on the Main post of two classmates. What suggestions can you make to help them achieve their goals?

- Remember that these feedback posts should contain useful and friendly suggestions using a positive communication tone; you are not attempting to “fix” anything for your classmates.
 - Use “I” statements rather than “You” statements. For example: “I have found that talking in a calm voice is essential to resolving conflict”.
 - Be respectful! Follow the Golden Rule by treating others the way you would like to be treated.
 - Remember to read and fully comply with the Netiquette Guide found in the Syllabus section.
7. Now, go out and have fun while practicing improvement of the two interpersonal communication skills you chose to improve. **IMPORTANT NOTE:** It is very important to keep track of what you practice, when you practice (time and date), who you practiced with, what strategies you used when you practice, and the outcome of that practice. Keep track in a Word document. Why? Next week you will begin adding your practice results, saved in a Word document, as an attachment to the Main Post of Discussion 2 Assignments. I enthusiastically look forward to reviewing your practice results appearing in the Word document. Appearing below is a link to a sample of how to format and enter entries in a practice log. The practice will be updated each week!

How I rank Myself With Previously Mentioned Interpersonal communication skills

In the last discussion I had trouble coming up with five interpersonal communication skills, and thus I only had three. Below is how I would rank myself against these three skills as described by the discussion prompt.

1. *A Strong Hold on Psychological Context*

- ☒ I never use this skill/I am poor at this skill
- ☒ Rarely
- ☒ Sometimes
- ☒ Most of the time
- ☒ Always

2. *Enter Every Conversation with the intention to understand, rather than with the intention to reply*

- ☒ I never use this skill/I am poor at this skill
- ☒ Rarely
- ☒ Sometimes
- ☒ Most of the time
- ☒ Always

3. *Effectively Utilize Silence*

- ☒ I never use this skill/I am poor at this skill
- ☒ Rarely
- ☒ Sometimes
- ☒ Most of the time
- ☒ Always

Personally Selected Skills for Improvement

I chose to work on the skills involving a stronger hold on psychological context as well as listening with more of an intent to understand, rather than with the intent to respond. I believe these are both very important skills I tend to lack more-often-than-not. I also am fully aware that I tend to try to seem more like an expert on everything I talk about, rather than trying to learn instead. I think it's because rather than viewing the conversation as an educational opportunity I would view it in a more "business-connection" focused sense. I also tend to say more than is needed, whereas the Ted Talks we viewed described the preference of being more concise.

I feel the best way to improve these skills in which I lack would be to simply *talk less*. This also goes as far as to stop immediately thinking of how what someone is telling me relates to my own life and ask questions even if I already have the prior knowledge as someone may have some that I do not.