

**M2D2: Improving YOUR Interpersonal Communication Skills**

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COM115: Interpersonal Communication

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## **Abstract**

### **Overview**

In Module 1 you committed to becoming a better interpersonal communicator. In each module, we will check in to see how those efforts are proceeding. In this module, you will report on how your practice has progressed so far.

You should spend approximately 4 hours on this assignment.

## **M2D2: Improving YOUR Interpersonal Communication Skills**

### **Initial Post**

#### **Instructions**

1. To assist your classmates, list again the two (2) interpersonal communication skills you chose to improve.
2. Friendly and Important Reminder: Attach to the Main post a Microsoft Word document a Progress Report containing detailed practice sessions demonstrating attempts to improve the two communication skills you have chosen to improve.
  - NOTE: Sample of how to format your practice log in a Word Document. (Click anywhere on the previous sentence to open and review the sample).
3. In the Main post include the following:
  - Consider the topic of conflict. Everyone deals with conflict situations. Consider how Brooke and Gary dealt with conflict in the video. Was their method effective? Why or why not? Use evidence from your readings to support your post.
  - If dealing with conflict or conflict resolution is on your list, reflect on what you learned in this module about conflict that will help you moving forward. Review what your classmates posted about their goals, and choose at least two different people who have a goal different from yours. Post a resource that you feel will provide a strategy for improving one of their identified skills.
  - If dealing with conflict or conflict resolution is not on your list, offer suggestions for at least two other students who are trying to improve their skills in the area of conflict. What items covered in this module will help your fellow students? Are there outside resources or strategies you can share?
4. When the assignment is completed, you will have submitted a Main post and read and replied to the Main post submitted by two classmates.

5. Continue keeping 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 in your Word document. Include details with each practice session. You will continue to share practice session updates in future Modules. In each Module, continue to add practice sessions to the same Word document. Do not start over. By the end of the course, all your work should be posted in the same Word document. Include an updated Word document with your Main post. Again, refrain from starting a new document. We want to see the progress you make Module-to-Module.

**How Effective Were Gary and Brooke at Conflict Resolution?** The conversation we witnessed between Gary and Brooke was an excellent illustration of poor conflict resolution skills on *both* sides. Both parties tended to personally attack one another in terms of their personality and character rather than focusing on whatever situation prompted the argument. Instead of listening to one-another, they simply tried to defend or justify their actions without regard to the other's feelings. I actually **just** met the end of five year long relationship, so this module and especially that video were an incredibly painful experience for me to undertake and it was incredibly unpleasant.

**Progress Report on My Two Skills to Improve.** The two skills I chose to improve were: obtaining a stronger hold on psychological context, and listening during conversation with more of an intent to understand rather than to reply. After this module and my recent heart-and-world-shattering situation, I would like to replace one of those (if I am *only* allowed two) with that of conflict resolution and improving my ability in that. I tend to be either *too* emotional or appearing *emotionless* depending on how defensive I feel during the conversation, I suppose. This goes hand-in-hand too, with the proper utilization of *silence*.

Please see the attached word document for my practice log.