

**M4D2: Improving YOUR Interpersonal Communication Skills**

Ashton Hellwig

Department of Mathematics

Front Range Community College

COM125: Interpersonal Communication

Richard Thomas

November 28, 2020 23:59:59 MDT

## **Abstract**

### **Overview**

In Module 1 you committed to becoming a better interpersonal communicator by focusing on improving two interpersonal communication skills. In each subsequent module, we are checking in to see how those efforts are proceeding based on your practice sessions. In this module, you will report on how your practice has progressed so far.

You should spend approximately 4 hours on this assignment.

**M4D2: Improving YOUR Interpersonal Communication Skills****Instructions**

Take a few moments to reflect upon your nonverbal communication skills. In your Main post, reply to the following questions:

1. Do your non-verbals give too much away when communicating?
  - Is this an area you need to work on? Why or why not?
2. As we saw in the movie clip appearing within the topic titled, “The Theme”, Pete and Debbie may be saying one thing, but their body language is telling a different story. Tell us about a time when you had a similar experience.

### Initial Post

This past week was actually difficult for me to attempt at practicing many interpersonal communication skills, as I was on “vacation” in Los Angeles, California visiting my Mom, Dad, and Brother for the Thanksgiving Holiday. While in LA, a *LOCKDOWN* order was in effect causing me to be unable to socialize or experience much of LA outside of my parent’s house and food delivery and limited pick-up.

In a way, the fact that everyone is wearing masks in public is sort of making nonverbal interpersonal communication skills more relevant than ever. I have never seen (or maybe I just did not notice prior to the pandemic) the level of expression people are able to convey with just the way they position their eyes and express other body language, especially without the ability to rely on noticing how someone positions their lips (smiling, frowning, afraid, shock, et cetera). Through just someone’s eyes it is easier for us to understand if and be empathetic towards their emotion be it happiness, sadness, or disgust, and exhaustion.

Many intelligence agencies use something called the *Facial Action Coding System* in order to have agents act as rudimentary “human lie-detectors”. The system, at its basic idea, assigns certain values to different movements of facial muscles to be assigned when observing someone else. There are over around 46 basic “action units” (movements of the facial muscles) which are then assigned a letter value to illustrate their intensity — clearly, a lot can be told from just “simply” reading someone’s face (Cohn et al., [2007](#), pp. 207–209).

### References

Cohn, J. F., Ambadar, Z., & Ekman, P. (2007). Observer-based measurement of facial expression with the facial action coding system, 19. Retrieved November 28, 2020, from <https://www.pitt.edu/~jeffcohn/biblio/Coan%20013%20chap13.pdf>