

**M5D2: Improving YOUR Interpersonal Communication Skills**

Ashton Hellwig

Department of Mathematics

Front Range Community College

COM125: Interpersonal Communication

Richard Thomas

December 12, 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.

**M5D2: Improving YOUR Interpersonal Communication Skills****Instructions**

1. How did your interpersonal skills improve over the course of the class?
2. Of the skills you chose to work on, which one improved the most? Which one improved the least? Why?
3. Which skill was the hardest to improve? Which was the easiest?
4. Which outside influences (e.g., family, work, etc.) interfered with your ability to improve your skills? Which influences helped?
5. At which point in the course do you feel you turned a corner toward becoming your “real you”, as Sam does in the video clip? How did it happen? If you do not feel you ever turned a corner, why not?
6. What skills will you continue to work on improving once the class is over? How will you keep yourself motivated to improve those skills when you are no longer required to report your efforts to the class?

### **Initial Post**

It has been a great class! Too bad it was so short, I feel like I barely got to know anyone here!

### **How My Skills Have Improved Over the Class**

I believe my skills have improved over the class due to the fact that I am now **far** more conscience of how my thoughts, feelings, stories, and situations which I discuss in public affect other people. I am also more aware of how focusing attention on the subject of the conversation is far more important than relating the situation being discussed back to myself and that silence can be used in a positive way.

### **Skill Progress**

I feel like it is not all that possible to be 100% proficient in *every* interpersonal communication skill (or even a single one of them), as there are **always** ways to improve or increase one's understanding of another type of person.

### ***Skill With Most Improvement***

The interpersonal communication skill I had been working on with the most improvement had to have been empathy, as I will discuss later in my post with the subject of being the “easiest” (still not easy) interpersonal communication skill to work on.

### ***Skill With Least Improvement***

As I will discuss later in this discussion post, I feel my attention to the current “*psychological context*” is still the skill I am most suffering with.

### **Working on These Skills**

### ***The Hardest Skill To Improve***

The hardest skill to improve by far was the understanding of the current “psychological context”, as stated by one of our course texts (*Communication in the Real World*, [2013](#)).

### ***The Easiest Skill To Improve***

The easiest skill for me to improve over this course would have to be that of *empathy*. I am now much more affected by the situations described to me by others after having experienced many low points in my last semester here.

### ***Outside Influences Affecting The Use of Certain Skills***

**The Coronavirus Pandemic.** The obvious outside influence affecting my ability to practice certain skills would have to be the Coronavirus COVID-19 Pandemic. While I was *always* in online school and in an essential business function, COVID-19 did not affect my work or school and in fact resulted in me getting **even more** work hours since February of this year.

The main way in which the Coronavirus COVID-19 Pandemic affected the practice of utilizing interpersonal communication skills was due to the fact that we all are wearing masks when out in public, making the nonverbal communication skills we are all used to analyzing for a person's "true emotions" non-existent.

### **Conclusion**

I believe that I "turned a corner" on where I view myself and where I would rather be in terms of interpersonal communication skills when we discussed the subject of "*listening*". This is when I noticed I was more of an "*Action Oriented Listener*" or a "*Time Oriented Listener*". My ex-girlfriend (turned roommate as of recently) expressed how that was one of the main things that gave her issues during our five-year long relationship, but was **not** the thing that ended it. Nevertheless, I felt the need to work on my interpersonal communication skills as well as show her the same things I am working on in order for us both to communicate with one another in a more efficient way to improve both our current and any future relationships we have.

### **References**

*Communication in the real world.* (2013). Saylor Academy.

### **Additional References**

*Business communication for success.* (n.d.). Saylor Academy.

*College success.* (n.d.). Saylor Academy.