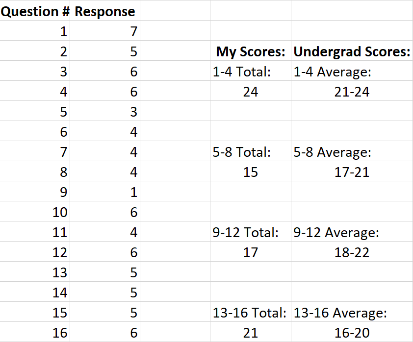
Bryn Loftness - Interpersonal Communications

Project 2 Listening and Responding Project

Due Date: 3/5/18

1. Listening Style

I agree with my score; however, I do not agree with the average undergraduate scores. I felt I was very honest with my responses and really reflected on past conversations and experiences. I have had plentiful conversations with undergraduate students and I find it hard to believe that they are as good of listeners as they reported. I spend a lot of time focusing on being a good listener and responding accordingly and I often feel that is unreciprocated (to a degree) in general undergraduate conversations, at least based on those I have experienced. I think it is very possible a lot of them think themselves to be better listeners than they are- the ones who took this survey at least. With the possible score being 28 in every category, I think it’s accurate to say I am about average, 15 points, in my analytical listening skills. I sometimes jump to mental conclusions, this correlates to my task listening relatively low score of 17. I like things quick and to the point, so I can get the maximum amount of information and I do admit, I am impatient. I sometimes like very drawn out explanations and descriptions but a lot of the time I get bored, especially when I know it could be said and described just as well in a more succinct manner. I am not surprised by relational listening score of 24, I really try and focus on relating to the speaker and allowing them to vent their thoughts. Emotions are hard and I know that, that’s why it’s one of my main focuses of communication just to be there for them.

2. Emotional Intelligence

**Results**:

“**Congratulations! You have high emotional intelligence.** This is good news! EQ counts for twice as much as IQ and technical skills combined in determining who will be a star performer. Your level of EQ likely has been and will be a driver of your high performance under pressure for years to come. Areas to work on: While you are doing well, don’t forget to take time out of your busy day-to-day activities to stop and reflect on what brings you the greatest meaning in your life. If we fail to do this on a regular basis, we risk becoming tranquilized by the trivial; sedated by the small details. Yes, deadlines need to be met and goals achieved. But if we are working toward goals that are not in alignment with our key values and greater purpose, we face becoming frustrated and cynical when we face pressure – losing sight of the reason we are doing ‘all of this’ in the first place!”

**Response:** I agree that I do have high emotional intelligence. I try to be very aware of my surroundings and the sort of state-of-the-room. I analyze people a lot, even when I don’t try to. I feel myself drawing conclusions from certain ways people respond to situations or stimuli. I also pay great attention to how I myself do so as well. I try and stay reasonable and openminded as much as possible, with varying degrees of luck. I definitely am a self-driven and highly motivated person who does best under stress, however I definitely try and focus on the little things- like art and music and things I’m passionate about that I can make time for. I listen to Alan Watts and he really helps to put things into perspective and helps to stay objective. Overall, I agree with the quiz results but feel as though they could have done more descriptive questions on maybe a scale which would represent our emotional intelligence more accurately.

*Listening and Responding*

3. Memory from conversation in class February 15th.

Talked with Lohgan about how she lives in Bunting and how she was trying to make a sausage patty that morning but when she put it in the toaster all her circuits blew out in her room. Apparently that happens a lot and she has to reset the breaker(or whatever the lingo is). We discussed how I couldn’t live in Bunting because I always have a bunch of things plugged in and she said if she does then the plug ins stop working. However, it seems to never happen to her roommate which she thinks is weird. We then talked about how she might apply to be an RA and how I didn’t want to. I told her about how being an RA is kind of like being in a fishbowl and she agreed and had heard other people talking about that during an informational meeting she had attended.

4. Interview three people:

1. **Angela(Closest girl-friend here at CMU)**

Listener Positives: She said I am a good listener in that I “step up to the plate when I listen.” She said that she noticed that I have the ability to “wait and listen to the whole thought.” She said that in group listening situations I am very “perceptive and inclusive” in that I listen to multiple people and try and gather responses from everyone involved.

Listener Negatives: She struggled when responding to this question. However she remembered back to a time when I was emotional about an issue concerning government policy and our current president. I was upset and spiraling emotionally and wasn’t listening to her rational responses and deflected all the good advice she had. Overall, she said I could improve on listening when I’m spiraling emotionally; I have to work on staying rational and attentive.

Responder Positives: She said that I use a lot of verbal cues like “yeah girl,” “mmhm,” and “for sure.” She said that she can tell that I try and finish my whole thought, not go off on side ideas or tangents. She also said I am a very optimistic responder in that I tend to agree or have positive things about what she has to say.

Responder Negatives: She said that sometimes it concerns her that I say so much positive feedback that she feels like I could be lying. Therefore, she stated, I need to be more constructive sometimes to even it out.

2. **Ellis(Closest guy-friend here at CMU)**

Listener Positives: Ellis said that I always have a very genuine appearance when listening. He says it looks like I am attentively listening and trying to process what he has to say. He said that I tend to hear him and let him finish speaking his thoughts. (usually)

Listener Negatives: He said sometimes I hear something and automatically relate it to myself. As soon as he told me this I felt kind of self-conscious because I do tend to do this. This is something I need to work on.

Responder Positives: He said my genuine listening correlates to my genuine responding in that I “respond to what they have to say not just what I have to say.”

Responder Negatives: He said something I, and many others, can work on is waiting until someone’s totally done speaking before interrupting. This is on my communication goals list, I have been actively working to get better at this flaw.

3. **Austin(My Significant Other)**

Listener Positives: He said he can tell that I’m listening just by my eye contact, genuine appearance, body language. This is comforting because I do try to show that I care and am listening attentively to him.

Listener Negatives: He said I struggle with jumping to conclusions while he is trying to explain himself and therefore not hearing the full explanation. He also said sometimes I take things too personally. This is a miscommunication in his encoding and my decoding of his messages. I thought of these issues a lot when we discussed this in class.

Responder Positives: Austin said that I give good, constructive advice on how to solve problems. He added that he could tell I try to be genuine and thoughtful in the advice I give.

Responder Negatives: He told me that generally I am pretty good but sometimes I can be too anal about stuff-overconcentrating on certain details. He said to improve upon this that I should get better at putting myself into his, and others’, shoes. I do definitely try to do this, but somedays are harder than others; that’s why it’s a constant goal.

5. Video Clip- My Dinner with Andre, Conspiracy theory scene

Link: https://www.youtube.com/watch?v=j8v\_XqFO8Bc

Listening and Responding Strengths: Wally is demonstrating SLANT(Sitting Up, Lean Forward, Ask Questions, Nod, Take notes(mental or otherwise). Wally is leaned forward and listening attentively, his face is non-judgemental but clear that he is thinking and absorbing what Andre has to say about his question. He is allowing Andre to finish his thoughts and really explain his theories with the freedom to take as much time as he wants.