

When I saw my self-introduction video and thought about the course concepts associated with nonverbal communication, paralinguistics, and verbal and nonverbal cue alignment, I realized I needed to improve in three specific areas. First, from the viewpoint of nonverbal communication, I observed that my gestures lacked synchronization; for instance, while I talked about how I shoulder family responsibilities, my emotions did not attach any hand movements signifying practicality or emotional significance tied to such roles. I would then concentrate my practice, making more deliberate and wider use of gestures, such as open hands to suggest transparency, pointing fingers to denote emphasis on key developments, and using deliberate movement pauses to strike an important point. Lastly, a strong upright posture will supplement the signals of warmth and confidence professionalism.

There is also paralinguistics, my tone, pitch, and pace were all at rather a flat level. Even though this is clear, it lacks variety to keep the audience alert. There were also times when my presentation felt hurried, especially at transitions, which might have dulled the effect of my message. In the future, I want to incorporate some variation in tone and pitch with the subject matter-low during a discussion of serious subjects, slightly higher when hammering a point home or excited. I will also slow down my delivery at some key moments to enhance understanding as well as render it more natural and conversational.

Lastly, I realize that for a coherent presentation, my nonverbal should match more closely with my verbal cues. There were places in the video where my facial expressions or gestures did not correctly match the tone or meaning of my words, which could create mixed messages. For instance, when discussing being the oldest daughter and granddaughter, my hand movements signified anything but the warmth and burden that accompany that title. To counteract this, I will seek to align facial expression and body language with verbal output. Practicing with a mirror and recording myself will help me catch any discrepancies between my verbal and paralinguistic performance.