**COM-115 Assignment 1: Self-Concept Worksheet & Plan**

**Part 1: Understanding *Self***

**Who Am I? Reflection**

Complete the following.

Name:

Write ten “I am” statements.  Refer to Ch. 2 in your text for guidance.

1. I am proud.  
2. I am strong.  
3. I am persistent.  
4. I am smart.  
5. I am thankful.  
6. I am polite.  
7. I am high strung.  
8. I am very precise.  
9. I am time adherent.  
10. I am artsy or musical.

**Attitudes, Beliefs and Values**

Refer to Ch. 2 in your text for guidance on the definitions for each of these terms. Then answer the following questions

* List one thing that you like (attitude). How does this affect your day to day life?
* Being on time. Being on time always makes things easier especially in the learning process.
* List one thing that you dislike (attitude). How does this affect your day to day life?

Being late. It can slow everything including learning. Time management.

* List two strong beliefs you have and describe how each of these beliefs affects your behavior and/or your interaction with others.
* Hard work pays off. People recognize this and will follow you.
* Always be persistent.Keep goals ahead of you and the prize is achieving.
* List two of your values and describe how each of these values affects your behavior and/or your interaction with others.
* Clean appearance. Always look professional so to be a leader not a follower.
* Competitiveness. Being competitive with fellow team mates or in a job helps you finish strong and as a leader.

**Part 2: Communication Social Style and *Self***

**What’s Your Communication Social Style?**

The following questionnaire lists twenty personality characteristics. Please indicate the degree to which you believe each of these characteristics applies to you, as you normally communicate with others, by marking whether you (5) strongly agree that it applies, (4) agree that it applies, (3) are undecided, (2) disagree that it applies, or (1) strongly disagree that it applies. There are no right or wrong answers. Work quickly; record your first impression.

         5      1. helpful

         5      2. defends own beliefs

         5      3. independent

        3       4. responsive to others

        4       5. forceful

           5    6. has strong personality

           3    7. sympathetic

           3    8. compassionate

           5    9. assertive

            4   10. sensitive to the needs of others

          5     11. dominant

          5     12. sincere

           3    13. gentle

       5        14. willing to take a stand

        4       15. warm

         3      16. tender

          5     17. friendly

          5     18. acts as a leader

         5      19. aggressive

           5    20. competitive

**Scoring the Questionnaire**

Items 2, 3, 5, 6, 9, 11, 14, 18, 19, and 20 measure assertiveness. Add the scores on these items to get your assertiveness score. Items 1, 4, 7, 8, 10, 12, 13, 15, 16, and 17 measure responsiveness. Add the scores on these items to get your responsiveness score. Scores range from 50 to 10. The higher your scores, the higher your orientation toward assertiveness and responsiveness. Record your scores below:

* Assertiveness score: \_\_\_49\_\_\_\_\_
* Responsiveness score: \_\_38\_\_\_\_\_

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Based on your answers to the questionnaire above, answer the following questions.

* What surprised you?  
  Not much Im very confident and new about what I would score.
* What did not surprise you?  
    
  I thought my scores would be about what they are .My assert, is more than respon.
* Are you more likely or less likely to self-disclose?  Explain your thoughts.  
  I only disclose what I want to disclose . very careful with that, so less likely.
* What are your self-disclosure trends in social media?  
    
  Keep to myself and control what I disclose . Only let people see and know what I want them to.

**Reflection**

Based on the questionnaire results, answer the questions below as you reflect on your communication social style and self.

* What are you doing well, what are your strengths?    
    
  Well as you can see I am very persistent and like working hard. I think my strengths of hard work and persistence. Will always help me succeed.
* How do you plan to capitalize on your strengths?   
  By making a plan ,following my plan and achieving my plan.
* What areas have you identified that you want to improve?    
    
  I would like to improve on my memory as I am working hard to do that. I am a cancer survivor and chemo and radiation affected that some.
* How do you plan to improve on those areas?  
  This is easy hardwork and persistence.

**Part 3: Communication Social Style and Others**

**Communication with Others**

Answer the following questions.  Write your responses in at least 50 words.

* Consider two different people that you know well.  What do you identify as their dominant communication social style?  List at least three specific behaviors to justify your response. Answer in the space below.
* Rick my bass player in my band. More assertive: He moves faster: Talks more and talks loudly. He has a dominant communication social style. You can definitely notice in the interaction in the music and on stage. Also in just dealing with members on a business level a lot easier to get things achieved because you know where he stands . I n his availability and goals.
* James my guitar player in my band. He Is very much less assertive . Talks less: moves more slowly .:Useless vocal energy as he doesn’t try or I think care. Can be very timid and back into a shell very easily. You almost never know where he stands now don’t get me wrong he is a great guitar player but interaction with crowd and people isn’t there.
* Describe a situation in which you would adapt or not adapt your communication social style.  Would you be more assertive or responsive toward someone else in that situation? Explain your response. Answer in the space below.
* Well actually as you can see above that situation is in my band. I have to be upfront and assertive with my bass player Rick. However with my guitar player James you have to walk on egg shells as you can never tell where he stands and don’t want to affend or hurt his feelings. Just 2 totally different people.

**Schutz’s Inclusion, Control, and Affection**Schutz’s tenets of inclusion, control, and affection are helpful for understanding how interpersonal relationships function.  In this section, you will apply his tenets to a recent interpersonal interaction. Then, you will explain how Schutz’s identification of these three primary social needs affect your communication with others.

* To begin, reflect on an ongoing interpersonal relationship. For example, a co-worker, a close friend, or a family member.
* Answer the following questions with specific examples from interactions with the person. Refer to section “Self and Interpersonal Needs” in Ch. 2 of your text for guidance.  
  + Who is the person you are referencing in this section? Describe this relationship.
  + My son Michael. We have a very good bond. We discuss and share everything . He is my little mini me.
  + What is the level of inclusion in this relationship?
  + There is a great level of inclusion especially me as I would include him in everything. Well as you know as he gets older now going to be 10 . His need for inclusion seems to shrink a little as he grows makes friends ect. Part of growing up.
  + What is the level of control in this relationship?
  + As I have been sharing with you. I am the father and in that leadership role of course I look for the greater leadership role. But I also think your children need the parent to exhibit that.
  + What is the level of affection in this relationship?
  + The level of affection is very high. As the father son bond-relationship is blood and very strong. The nice thing is that there is plenty of affection both ways.
  + On a scale of 1-10 (1 being the lowest and 10 being highest), what is your level of satisfaction with the relationship? Explain your answer.
  + I am very satisfied with this relationship. As for right now it’s the most full filling yet challenging . Especially when your children are always looking up to you.
  + So this is a no brainer lol. I give this relationship a big 10