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CSE 170

Reflection 100 points- I answered the questions in a way that people can understand, and with adequate explanation.

Why is this week’s topic important?

- Communication is the foundation of all the interactions that we have with other people. (5)

What topics were studied this week, and what are their definitions?

- Communication: The exchange of information

Medium: the form of communication that we use (5)

What is the most significant take-a-way you have gained from your study this week?

- Tone and non-verbal communication is just as important as the words we use. We want to approach people in a non-confrontational way if we want to have a good conversation. (10)

How would you explain this week's topics to a person not in this class?

- Only a small amount of our communication comes across from our words. When we try to say something, we have to encode it and then the other person decodes it, through whatever medium we choose. This can cause miscommunication, so it is important to stay aware.(10)

What do you do, steps, or processes related to this week’s topic?

- I think that it would be a good start to stay conscious of our body language when we speak to others. If we scowl and use a rough tone with someone, then they will get a negative impression of what we are trying to say. Just like anything else, good communication skills take practice, but we can get good at it if we set small goals for the day. (10)

Why is this week's topic important for teamwork?

- As I said above, communication is the foundation of our interactions with other people. This means that communication is integrally connected with teamwork. The way that we choose to communicate with our team will be the first step in determining if the team will work together and be efficient. If there is a free exchange of information in the team, then this can speed up development and make an environment where everyone can feel comfortable asking questions. (20)

How does your experience relate to other experiences you’ve had?

- I have been in work environments where I didn’t feel very confident or comfortable communicating to my boss. This led to some pretty serious errors around things like my pay; I eventually had someone else bring it up with the boss, and they corrected it for me. Obviously, not ideal. I’ve since been able to practice my communication skills, and I am able to present myself assertively, but not aggressively. When a group of people has a good level of communication, things just run better. (20)

If this was a religion class, how would you relate this week’s topic to the gospel?

- I think there are many ways to link communication to the gospel, but the one that I will choose is prayer. We are particularly privileged to be able to have a direct conduit to heaven through prayer, and I think some people forget about that. Just like the things that we learned in class, there are better and worse ways to approach prayer. This is communication with our Father in Heaven, and we should not use aggressive words when we try to talk to Him. Of course, I am sure that most of us have lost our patience at one point or another, and said a quick prayer without much thought. There is a difference that we can feel when we pray this way instead of with intention, though. We can apply these same principles of intention and thought when we communicate with people in the workplace as well. I think these good communication habits feed into each other from both the secular and spiritual world. (20)