

For a sixth Gen Ed E-Portfolio assignment that I did, that would be a paper for my COM-1010-10 Fundamentals of Communication course. What this paper involved doing was to talk about and describe an obstacle in your life that you overcame with communication.

For how I did this assignment with the one specific obstacle in my life that I talked about in this paper that I ended up overcoming with communication, that would be walking in and asking about the hiring process for a job at a Papa Murphy's Pizza Place. For what I specifically talked about with everything I did, that would be that I said I was really nervous about it all at first with approaching everything where I ended up doing some role playing with my Mom to help make me less nervous and prepare me for it before going up there through two different specific scenarios being if the manager was there and was not there with successfully starting and finishing the conversation for both. For the role-playing, my Mom played the manager and an employee working there in both scenarios and I played the potential employee. From there, I then went on to say that we ended up trying each one multiple times until I felt comfortable and ready with using some communication principles along the way consisting of constructive feedback each time on what was working and what needed improvement, and also receiving of information with volume, tone, eye contact, and body language which all made me end up doing really well when it came time for me to drive up to the store to do it where it ended up being mostly the same as the role-playing with a few minor differences.

For what I ended up learning from this assignment, that would be how to talk about something specific through writing and reflecting about it in a certain way that I

did in my life that was significant with saying how I approached it all step-by-step and what I got out of it as a whole with how it helped.