Regarding Chapter 3, I think I could be better at intercultural communication competence. When we interact with people from another culture, I know that I am not always conscious of my own biases resulting from my culture. For the first question, I scored myself a 3 because I do not always consider how my culture may have influenced the conversation. And when dealing with people from different cultures, I do try to adapt; but I’m still not sure I’m doing that well, so I gave myself a 4. I rate myself a 3 again for the third question because I don’t frequently check if my cultural knowledge is accurate when interacting with other cultures.

For Chapter 4, I would say my online and offline self-disclosure are pretty typical. I post a lot about me, but I would not saythat I necessarily go into great detail. I gave myself a 5 for posting regularly, and a 3 for how thorough my posts are. As far as sharing personal information, I share it when it feels right to me, but I don’t overshare. I would probably rate myself a 5 for how open I am about who I am in my posts. As far as exposing super private topics like my thoughts or feelings, I do it more now than I once did, but even so, I don’t spill all of them. For depth, I rated myself a 10 in online disclosure.

In face to face communication, I do share about myself — I balance it out though. I rate myself an 8 in public sharing. I’m not one to go on about myself for too long, but I do share things that I think are relevant to whoever I’m talking to. I gave myself an 8 for how much I share face to face because I believe I do a good job balancing the two.