Chapter 5

1. Summary of Findings:

I scored 49 on the empathy assessment. This places me in the average range. This score shows that I do recognize and understand the emotions of others, but there is still room for improvement. I can improve being more consistent in the situations I show empathy.

1. Satisfaction with Findings:

I feel satisfied with my score. It shows that I have a good foundation of empathy. It also shows where I can grow. I do agree with the results because they compare with how I view my emotional awareness and connection to others.

1. Ways I Can Improve:

I can focus on being more in the moment during conversations with others to improve my empathy. This would include listening without distractions and asking more questions, as well as showing that I care when someone shares their feelings.

Chapter 8

1. Satisfaction with scores:

I scored 23 in relational listening, 22 in analytical listening, 25 in task listening, and 24 in critical listening. These scores shows my strengths as wells as areas to work on. The scores above show that I care about others feelings, staying on task, sensing inconsistencies, and deciphering details.

1. My Listening Style:

My main listening style is task oriented with critical listening as a close second. These results show that I like to the point conversations and pay close attention to others ways of communication.

1. Improvement Plan for Listening:

I can work on balancing my focus while completing tasks and being more attentive during conversations to improve my listening skills. I can concentrate more on the purpose of the message rather than looking for details or mistakes to be less critical.