Chapter 6

1. Summary of Findings:  
   I got a 26 on the sexist language assessment, which means I don’t really focus much on avoiding certain terms. The score suggests I don’t see some words as a big deal, or I just use what feels natural to me. It also shows I might not always consider how my word choices come across to others.
2. Perception and Experiences:  
   My score makes sense based on my experiences. I’ve never really thought about whether a word is sexist or not. Words like "chairman" or "man and wife" have always seemed normal to me, so I never saw them as an issue. The test mentioned that men tend to care less about sexist language, which makes sense. A lot of it depends on what you hear growing up and if anyone has ever pointed it out.
3. Changes Moving Forward:  
   I don’t think I need to change how I talk completely, but I can pay more attention to it. If switching a word makes communication clearer or more inclusive, I don’t see a reason not to. Using "server" instead of "waiter" or "firefighter" instead of "fireman" is easy enough, and if it helps avoid confusion or issues, it’s worth considering.

Chapter 7

1. Satisfaction with Score:  
   I scored 41 on the Nonverbal Immediacy Scale, which is pretty average. That means I use some nonverbal behaviors to connect with people, but there’s also room to be more expressive.
2. Why I Scored This Way:  
   My score makes sense because I use some nonverbal cues, but I’m not super animated. I make eye contact and smile when I talk, but I don’t always use a lot of gestures. Sometimes I might come across as less engaged just because I keep my body language more neutral.
3. How My Nonverbal Communication Might Change:  
   After going through this chapter, I can be more mindful of how my body language affects conversations. Simple things like using more facial expressions or leaning in a little when someone is talking can make a difference. I don’t need to change my whole style, but making small adjustments could help me come across as more engaged.