According to my Communication Competency Scale, I scored about 130 out of the total 180 points. From the results of this experiment, one thing that I can say that the results can be biased if it is you who does the quiz for yourself. I think it is difficult, to be honest to yourself when it is finally time to face the reality of the situation. I had to the quiz 3 times to make sure that I am honest to myself. With the results from this scale and the material that we discussed in class; I think I do not communicate well enough. My intended meaning is not conveyed accurately.

I find this highly contradictory to the way I preach about how one should be living life. There have been countless times that my friends and I have talked about mannerism and the simplicity of communication where we have always concluded on a constant fact; “mean what you say”. Funny to think that I wasn’t following it well enough. I guess one could think that this is a clear sign of denial that I am subconsciously implementing. By looking more into my behaviour while communicating, I think since I preach a way of life, I made a biased choice about myself that I am pre-conditioned to be following my way of life and not evaluating whether I am following it or not. According to the website of Mayo Clinic, Denial is a coping mechanism that gives one time to adjust to distressing situations, however, staying in the state of denial can interfere with the treatment or the ability to tackle challenges.

In this case, I think my way of communicating involves implied meanings and a certain form of aggression. Without doubt, this isn’t the intended meaning of what I am trying to say or share, but by retrospection, I can see how I might be ‘coming off as harsh’.

To improve the ability to communicate well, I should not assume that the user would necessarily know what I am talking about or sense what I am trying to say. I think the best way to communicate would be to describe what needs to be communicated clearly and concisely. Something like a movie. It should have a preface, growth, climax and ending. Naturally, it won’t be possible to be wired in such a manner to incorporate all these qualities that I want to have, I am human after all. But proper practice should allow me to incorporate at least three out of the four outcomes that I wish to portray. A final thing that I am sure I could work on is to maintain a calm composure. I have realized that when I get excited over a discussion, my genuine excitement comes off as aggression. Level-headed maintenance of composure should allow the audience, people I am communicating with, be more welcomed and engaged.

The general tendency of college students is to get overly emotional while they are talking. I have come across several people who get carried away in their emotions, thereby conveying a very different meaning from what they intended or what the topic is about. This kind of behaviour usually results in unwanted disruptions between the two or more parties that are conversing with one another. I think people in my age group lack a certain amount of practicality and focus. Practicality is in the conversation, where what is being talked about it just and only ‘TALK’ and nothing more. That it couldn’t and shouldn’t affect them or their beliefs unless challenged. Focus is with the topic itself. The flow of emotion sways the actual intension of the topic, which shouldn’t be happening. I believe that if a little more focus and practical mindset of a conversation being just a conversation and nothing more serious, people’s minds would be clearer, and they would be more confident about themselves. With whom they want to be around with and what they want from themselves.