**Are you an effective Communicator?**

**Directions –** How well do you communicate with others? For each of the following statements circle 1, 2 or 3 depending on how effectively you communicate with people

Never/Rarely Sometimes Always

1. You make eye contact during conversations \_\_\_\_\_\_1\_\_\_\_\_ \_\_\_\_\_2\_\_\_\_\_ \_\_\_\_\_3\_\_\_\_\_
2. You show you are listening to what other

people are saying by nodding and gesturing \_\_\_\_\_\_1\_\_\_\_\_ \_\_\_\_\_2\_\_\_\_\_ \_\_\_\_\_3\_\_\_\_\_

1. You avoid interrupting the other person

before he or she has finished talking \_\_\_\_\_\_1\_\_\_\_\_ \_\_\_\_\_2\_\_\_\_\_ \_\_\_\_\_3\_\_\_\_\_

1. You ask probing questions that demonstrate

your interest in what the other person is saying \_\_\_\_\_\_1\_\_\_\_\_ \_\_\_\_\_2\_\_\_\_\_ \_\_\_\_\_3\_\_\_\_\_

1. Your voice is clear and can be easily heard

and understood by people \_\_\_\_\_\_1\_\_\_\_\_ \_\_\_\_\_2\_\_\_\_\_ \_\_\_\_\_3\_\_\_\_\_

1. You observe nonverbal cues from the other

person. \_\_\_\_\_\_1\_\_\_\_\_ \_\_\_\_\_2\_\_\_\_\_ \_\_\_\_\_3\_\_\_\_\_

1. You make sure a conversation involves both

people and isn’t just you doing all of the talking

or listening. \_\_\_\_\_\_1\_\_\_\_\_ \_\_\_\_\_2\_\_\_\_\_ \_\_\_\_\_3\_\_\_\_\_

1. You compliment people \_\_\_\_\_\_1\_\_\_\_\_ \_\_\_\_\_2\_\_\_\_\_ \_\_\_\_\_3\_\_\_\_\_
2. You avoid negative nonverbal signs, such as

yawning, even if the conversation isn’t

interesting. \_\_\_\_\_\_1\_\_\_\_\_ \_\_\_\_\_2\_\_\_\_\_ \_\_\_\_\_3\_\_\_\_\_

1. You ask for clarification if you are unsure about

what the other person is saying \_\_\_\_\_\_1\_\_\_\_\_ \_\_\_\_\_2\_\_\_\_\_ \_\_\_\_\_3\_\_\_\_\_

**Communication Assessment Score:**



If you got a score of **25 or higher**, then you are an EXCELLENT COMMUNICATOR

If you got a score of **16 to 24**, then you are an EFFECTIVE COMMNICATOR

If your score was a **15 or less**, then you may want to work on your communication skills

**Directions - After completing the communication assessment, answer the following questions. Use detailed and complete sentences.**

1. **List and describe three ways that you communicate well**

I am a good listener, as I want to make sure the person is being heard. I interact and engage in the conversation, so the conversation isn’t one sided. I ask questions to make sure that I have interest in what the other person is saying.

1. **List two things that you want to work on in regard to communication**

I can work on talking more clearly and asking for clarification if I am unaware what they’re talking about.

1. **List 1 thing that you want to learn about communication.**

I want to learn how to speak more clearly.

1. **Why is communication so important? Which area of health do you think it falls under and why?**

Communication is important since it helps allow you to express yourself and exchange information. Communication falls under the social area of health since you interact with others with communication.