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COMM

* Listening
  + Listening is an active process of receiving and understanding messages
  + Listening is a choice
  + Barriers
    - External noise
    - Biological problems
    - Information overload
    - Information complexity
      * Information that is more that we can understand
    - You just don't care
    - “I have to know this for the test”
      * Have to learn too much too quickly
    - Lack of training
* Hearing
  + What happens when sound waves are received by the ear and brain
* Paraphrasing
  + It sounds like your…
  + I hear you saying..
  + Let me see if I have it…
    - Trying to paraphrase
* Accurate feeling statements
  + I feel ashamed when my parents say they are disappointed in me
* the self has multiple dimensions
  + true
* the study of the meaning of words is called
  + semantics
* give an example of internal noise and external noise
  + internal -thoughts
  + external- other people
* our perception is affected by
  + all the above
* give an example of reflected appraisal
  + is learning about yourself by how others treat you, not just what they tell you. From the mome tnt we are born ew become who we are, in large part, because of the interactions we have with others.
  + if people treat us as the leader of the group, we take on this role by affiriming their identity
* listening is a voluntary process
  + true
* ethnocentrisim is the view that all….
  + false
  + view that all other cultures are judged in…. blahhh
* self esteem is how you value yourself
* the negativity or positivity attached to yourself concept