

## Personal Report of Communication Apprehension (PRCA-24)

**Directions:** This instrument is composed of 24 statements concerning feelings about communicating with others. Please indicate the degree to which each statement applies to you by marking whether you:

**Strongly Disagree = 1; Disagree = 2; are Neutral = 3; Agree = 4; Strongly Agree = 5**

- \_\_\_\_\_ 1. I dislike participating in group discussions.
- \_\_\_\_\_ 2. Generally, I am comfortable while participating in group discussions.
- \_\_\_\_\_ 3. I am tense and nervous while participating in group discussions.
- \_\_\_\_\_ 4. I like to get involved in group discussions.
- \_\_\_\_\_ 5. Engaging in a group discussion with new people makes me tense and nervous.
- \_\_\_\_\_ 6. I am calm and relaxed while participating in group discussions.
- \_\_\_\_\_ 7. Generally, I am nervous when I have to participate in a meeting.
- \_\_\_\_\_ 8. Usually, I am comfortable when I have to participate in a meeting.
- \_\_\_\_\_ 9. I am very calm and relaxed when I am called upon to express an opinion at a meeting.
- \_\_\_\_\_ 10. I am afraid to express myself at meetings.
- \_\_\_\_\_ 11. Communicating at meetings usually makes me uncomfortable.
- \_\_\_\_\_ 12. I am very relaxed when answering questions at a meeting.
- \_\_\_\_\_ 13. While participating in a conversation with a new acquaintance, I feel very nervous.
- \_\_\_\_\_ 14. I have no fear of speaking up in conversations.
- \_\_\_\_\_ 15. Ordinarily I am very tense and nervous in conversations.
- \_\_\_\_\_ 16. Ordinarily I am very calm and relaxed in conversations.
- \_\_\_\_\_ 17. While conversing with a new acquaintance, I feel very relaxed.
- \_\_\_\_\_ 18. I'm afraid to speak up in conversations.
- \_\_\_\_\_ 19. I have no fear of giving a speech.
- \_\_\_\_\_ 20. Certain parts of my body feel very tense and rigid while giving a speech.
- \_\_\_\_\_ 21. I feel relaxed while giving a speech.
- \_\_\_\_\_ 22. My thoughts become confused and jumbled when I am giving a speech.
- \_\_\_\_\_ 23. I face the prospect of giving a speech with confidence.
- \_\_\_\_\_ 24. While giving a speech, I get so nervous I forget facts I really know.

### SCORING:

Group discussion: 18 - (scores for items 2, 4, & 6) + (scores for items 1, 3, & 5)

Meetings: 18 - (scores for items 8, 9, & 12) + (scores for items 7, 10, & 11)

Interpersonal: 18 - (scores for items 14, 16, & 17) + (scores for items 13, 15, & 18)

Public Speaking: 18 - (scores for items 19, 21, & 23) + (scores for items 20, 22, & 24)

# Personal Report Of Communication Apprehension

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## **Table of Contents Personal Report Of Communication Apprehension**

1. Understanding the eBook Personal Report Of Communication Apprehension
  - The Rise of Digital Reading Personal Report Of Communication Apprehension
  - Advantages of eBooks Over Traditional Books
2. Identifying Personal Report Of Communication Apprehension
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Personal Report Of Communication Apprehension
  - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Report Of Communication Apprehension
  - Personalized Recommendations
  - Personal Report Of Communication Apprehension User Reviews and Ratings
  - Personal Report Of Communication Apprehension and Bestseller Lists
5. Accessing Personal Report Of Communication Apprehension Free and Paid eBooks
  - Personal Report Of Communication Apprehension Public Domain eBooks
  - Personal Report Of Communication Apprehension eBook Subscription Services
  - Personal Report Of Communication Apprehension Budget-Friendly Options

6. Navigating Personal Report Of Communication Apprehension eBook Formats
  - ePub, PDF, MOBI, and More
  - Personal Report Of Communication Apprehension Compatibility with Devices
  - Personal Report Of Communication Apprehension Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Personal Report Of Communication Apprehension
  - Highlighting and Note-Taking Personal Report Of Communication Apprehension
  - Interactive Elements Personal Report Of Communication Apprehension
8. Staying Engaged with Personal Report Of Communication Apprehension
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Personal Report Of Communication Apprehension
9. Balancing eBooks and Physical Books Personal Report Of Communication Apprehension
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Personal Report Of Communication Apprehension
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Personal Report Of Communication Apprehension
  - Setting Reading Goals Personal Report Of Communication Apprehension
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Personal Report Of Communication Apprehension
  - Fact-Checking eBook Content of Personal Report Of Communication Apprehension
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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