

Emma Lundgren
COMM 1010
Paul Lerdahl
Fall 2022

Communication Skills Journal

This journal will show you how I grew as a communicator over the last 16 weeks. You will see 5 different journal entries. These also show growth through hardship which I find to be an interesting topic.

Communication Competence

My strengths as a communicator are communicating with friends, acquaintances, and in meetings. I attribute a lot of that to my mission and speaking opportunities in church.

Recently, I feel I have also become better at communicating with my supervisor at work due to issues we have had. I have had to stand up for myself. This has been one example in my life lately of becoming a more mindful communicator, seeing different viewpoints, and strengthening weaknesses.

I feel I could become better in the areas of group discussions and strangers. I often feel that others have more important or insightful things to say. Also, I have been shy since childhood so talking to strangers is a weakness I'm working on.

Perception and Self

I think my family immensely impacted my perception of others. I also believe my church has impacted my perception of others. I found the primacy effect very intriguing that we are more likely to put more value in the first information we know about a person. I want to work on putting as much value on the information learned after the first impression. One of my best friends scared me the first time I met her. She is built and intimidating but I'm glad I gave myself the opportunity to get to know her better.

Perception of self is such a struggle for me. I'm so hard on myself. I'm really good at comparing myself to others. I like the concept that the simple question of "tell me about yourself" can be super telling about your level of self-esteem. That makes me want to work harder on my self-esteem.

Verbal and Nonverbal Messages

Nonverbal Communication Journal

S Ben Porath



Nonverbal Communication Journal:

Decoding **Nonverbal Communication Journal**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Nonverbal Communication Journal**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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