

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

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Table of Contents Nonverbal Communication Journal Articles

1. Understanding the eBook Nonverbal Communication Journal Articles
 - The Rise of Digital Reading Nonverbal Communication Journal Articles
 - Advantages of eBooks Over Traditional Books
2. Identifying Nonverbal Communication Journal Articles
 - 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 Nonverbal Communication Journal Articles
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nonverbal Communication Journal Articles
 - Personalized Recommendations
 - Nonverbal Communication Journal Articles User Reviews and Ratings
 - Nonverbal Communication Journal Articles and Bestseller Lists
5. Accessing Nonverbal Communication Journal Articles Free and Paid eBooks

- Nonverbal Communication Journal Articles Public Domain eBooks
- Nonverbal Communication Journal Articles eBook Subscription Services
- Nonverbal Communication Journal Articles Budget-Friendly Options
- 6. Navigating Nonverbal Communication Journal Articles eBook Formats
 - ePub, PDF, MOBI, and More
 - Nonverbal Communication Journal Articles Compatibility with Devices
 - Nonverbal Communication Journal Articles Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nonverbal Communication Journal Articles
 - Highlighting and Note-Taking Nonverbal Communication Journal Articles
 - Interactive Elements Nonverbal Communication Journal Articles
- 8. Staying Engaged with Nonverbal Communication Journal Articles
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nonverbal Communication Journal Articles
- 9. Balancing eBooks and Physical Books Nonverbal Communication Journal Articles
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nonverbal Communication Journal Articles
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nonverbal Communication Journal Articles
 - Setting Reading Goals Nonverbal Communication Journal Articles
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nonverbal Communication Journal Articles
 - Fact-Checking eBook Content of Nonverbal Communication Journal Articles
 - 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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