

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

Karin Nielsen-Saines



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