

Myself as a Communicator Part 1: Self-Assessment

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Communication 1010

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How am I at articulating my needs, opinions, views, or concerns?

After much thought and assessment, I need to improve articulating my needs, opinions, views, and concerns. There will be times, such as; work, school, family relationships, friend relationship, etc. where I'm afraid to voice my needs, opinion, or concerns. Sometimes I'm afraid to find my voice and to let others know because I don't want to hurt others, I'm afraid of being judged, or not having good enough input.

However, there are some moments where I will articulate my needs, opinions, views or concerns in certain situations. For example, there will be times in class where there are group projects. When there are group projects, the group will share the same grade because we all have to work together to create a finished product. In this kind of situation I will speak up and give my opinions, thoughts, etc. because I want to pass with a good grade. It is also beneficial for all to collaborate and give input to create a well thought out product.

How am I as a listener?

After taking the assessment, it shows that I'm about average on how well I listen to other individuals. One skill that I've been good at is showing the individual that I'm speaking with is that I'm listening to what they are saying. I show them by nodding occasionally, I might smile or use other facial expressions, and I encourage them with small and simple verbal comments. Another positive skill that I sometimes incorporate is giving feedback. I provide feedback by asking questions, clarifying certain points or adding my input.

However, there are still some aspects that I can improve on my listening skills. One negative skill that needs to be decreased is faking paying attention. There will be certain classes where I'm not completely paying attention to the professor due to lack of interest or my attention

is elsewhere. Another improvement that I need to make is remembering what a speaker says. I don't have a great memory, so it's difficult to remember when an individual says something. A solution that could fix this problem for when a professor is speaking is take down notes for reference later down the road. However, if it's an individual that I'm speaking to, I think it would be a good idea to give them a heads up about my lack of remembering so then it doesn't seem like I'm not paying attention to the conversation.

What aspects of my nonverbal behavior are effective? What can be improved?

Generally when I'm speaking with other individuals I maintain a good eye contact, which shows that individual that I'm paying attention to them and what they are saying. I'm usually able to pick up on others facial expressions, their facial expression can show me happiness, anger, sadness, frustration, etc. However, I usually don't show much facial expression when I'm in a negative mood, but my facial expression does show when my mood is more positive.

When I communicate with others, I use little to no hand motions or gestures. I need to improve on this nonverbal communication because it can add more to the conversation in an effective and beneficial way. However, when other individuals use hand motions or gestures, most of the time I pick up on it and I'm able to understand what the individuals means with the hand motions and gestures.

What are my communication strengths?

There are a few communication strengths that I feel like I incorporate well when communicating with other individuals. When I converse with friends, family, co-workers, etc. I listen to what they are saying, while having my full attention on the speaker. Most of the time I am open minded and try to understand the other individuals point of view. When others speak, I

listen to everything they have to give and limit the urge to sometimes jump to conclusions before they finish.

Another strength I have while communicating with others, is being aware of their emotions or intentions. There will be times I can tell by another individual's body language that they want something or that they are in some kind of mood. It can be any mood that the person is in, such as; happy, sad, angry, annoyed, frustrated, etc. This gives me the indication that I can grasp certain details about the individuals without asking what they want, or what kind of mood they are in.

What are my communication weaknesses?

One of my biggest weaknesses in communication is having little to no input into a conversation. There will be certain situations where I have a hard time expressing my thoughts and opinions when conversing with other individuals. I often feel like others may not care for what I have to say and ignore me, which has happened to me before, and the feeling isn't great. Other times I'm afraid of being judged by others. Overall, I have noticed this ordeal has become a fear as to why I have a hard time communicating with others. Fixing this weakness is by being myself and not worrying about what others think.

Another weakness that I have is having confidence while speaking to others or having the confidence to speak at all. Certain aspects in communication that I may have confidence in, is eye contact, for the most part I can do well. However, I don't have the confidence to deliver my message to my audience. When I don't have confidence it shows in my body language, such as;

playing with my hands, not standing tall and proud, jumping from one foot to the other. If I push myself out of my comfort zone and just go for it, it could be a solution to fix my weakness.

What is it like to have a conversation with me?

Having a conversation with me is different with each person I come across, it really depends on the person who I'm speaking with. Speaking with a person can be different depending on how close I am to that person, how long I have known them for, the setting that we are in, such as; work, school, etc.

Sometimes if I'm not well acquainted with the individual, the conversation may be boring and dull because I don't know the person well and I have a hard time offering input into the conversation. There would be other times when the conversation with me can be active, ongoing and full of life. That usually happens with certain family members and friends that I feel comfortable around.