

Myself as a Communicator Part 2: Interview and Reflect

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Introduction

There are three individuals that I interviewed that are part of different aspects in my life. Those three consist of my mother, a close friend, and a couple of coworkers. The biggest take away from this assignment is that I need to be more interactive with the different individuals that I come across with. There will be times where I can do certain aspects well, while other aspects I now have figured out that I could improve on. The big issue that I came to realize that was holding me back, is my lack of ability to speak up for myself. This assignment has allowed me to learn about my communication skills, which lets me learn and make improvements.

Articulating needs, opinions, views or concerns

Out of all of the three individuals that I interviewed, they had similar answers on how I articulate my needs, opinions, views, and concerns. I had learned from the others that in certain instances, I struggle to articulate my needs, opinions, views, and concerns. If I do give insight on any of the four terms, it's extremely limited.

My mother had told me that there are times when I shut down and don't articulate my needs, that I always give my honest opinion, I do little to no sharing of my views, and that I voice my concerns for those that I am close to and care deeply for. My coworkers stated that I do articulate my needs, opinions, views and concerns, however, due to me being extremely quiet, I could speak up more to voice those different needs. My friend had also stated that I do all of those things decently, but she has noticed that around new people, I become stiff and quiet, which causes me to not articulate those things as I would with people I'm more familiar with.

After comparing my answers to the other individuals in my life, I have noticed that our answers were very similar. I have mentioned that I needed to improve on 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 those different needs. While my mother, friend, and coworkers all stated that I could improve in different aspects to be able to find my voice more. Due to being more aware of this problem, I plan on being more thoughtful of my needs so then I'll be able to open up to individuals that I have relationships with.

Listening

When I was asking the individuals I interviewed, "how am I as a listener?", my friend and coworkers had similar answers. While my mother, on the other hand had a more complex answer. This has given me more insight on how I am at listening. I had learned that with most individuals, I am fairly good at listening. However, I sometimes lack listening skills when having a conversation with my mother.

My mother had mentioned that I wasn't a very good listener because there would be certain instances that I was less patient with her and not willing to listen to what she has to say. Other times, I could be a good listener because I was more patient with her and more interested with what she had to bring to a conversation. My coworkers had told me that I was very good at listening to everyone in our working environment, such as; listening to individuals needs, questions, etc. My friend had told me that I was an amazing listener. She felt like she could talk to me and I would always give a reply to what she had said, which gave her the indication that I was paying attention to what she was saying.

After comparing everyone's answers with my own, we all came to a similar conclusion. I had mentioned that I was about average on how well I listen to other individuals. When I listen to others, I may show that I'm listening by nodding occasionally, I might smile or use other

facial expressions, and I encourage them with small and simple verbal comments. These listening cues are part of the reason why the people I interviewed stated that I was a fairly good listener. Some improvements that I can make when listening to my mother is learning how to be more patient and to be more accepting of what she has to say.

Nonverbal communication

The three individuals that I interviewed had both similar and different responses about my nonverbal communication. While my mother and friend had more of a complex answer, my coworkers didn't have much input about my nonverbal communication. I have learned that I can do some things well, such as good eye contact. While adding more hand gestures is something that I can improve on.

My mother had noted that I can maintain good eye contact while conversing with her and other individuals. As well as, provide good facial expression when communicating. However, when I'm in a negative mood, it shows on my facial expressions. My coworkers had only said that I could incorporate more hand gestures because it can sometimes add more to a conversation. Lastly, my friend had said that I was pretty good with my body language and gestures. She had noticed that I could improve on my tone and to talk louder in certain circumstances.

When I was reading through my answers again, the individuals that I interviewed and myself had similar answers to this question. I had mentioned that 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. Another thing that I had noted was that I use little to no hand motions or gestures. After considering all of the information provided, I know that I can improve

my nonverbal communication by adding hand gestures into my conversations. I can do this by allowing my hand to be in the open, rather than in my pockets, folded together, etc.

Communication strengths

All of the individuals that I interviewed had come up with different communication strengths that I had. Some communication strengths that were stated, I already knew that I possessed those qualities. While other strengths that were mentioned, I wasn't aware that I had when conversing with other individuals. I had learned of what other communication strengths that I have and will continue to add those strengths in conversation that I have with other individuals.

My mother had told me that one of my communication strengths was that I was able to pick up on other individuals emotions. My coworkers stated that I was able to tell other individuals what I need, I was consistent when communicating with others, and I was able to get to the point rather than beat around the bush. My friend had said that I communicate well due to being clear in my conversations. She had also added that I had a great sense of humor, as well as being able to discuss mature subjects for someone my age, which allows me to have a conversation with a majority of people.

When I answered the question, "what are my communication strengths?", I had thought of different answers from the others that I had interviewed. I had said that there would 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. Some of the answers that were given to me actually surprised me. I now know

that I possess positive communication skills and I will most definitely be incorporating them into more of my conversations.

Communication weaknesses

Out of all of the three individuals that I interviewed, they all had different comments on my communication weaknesses. Each individual has given me more of an insight about my communication weaknesses. Over time, I'll be able to decrease these weaknesses and provide more communication strengths. I had learned that I need to be more open and vocal to eliminate most of my communication weaknesses.

My mother had noted that when I'm in a foul mood during a conversation, I'll sometimes walk off without giving any closure to the person I'm conversing with. My coworkers had said I don't give much of my input into a conversation, so they would like if I could add more of my thoughts and opinions. Lastly, my friend had said that one of my biggest communication weaknesses is how extremely shy I am. She had noticed due to my shyness, it had affected the path to good communication.

When I answered about my communication weaknesses, it was actually very similar to my friend's response. I had stated that one of my biggest weaknesses in communication is having little to no input into a conversation. This is due to being afraid that others would ignore my thoughts and opinions, as well as being afraid of those who will judge me. I can improve this weakness by being myself and not worrying about what others think.

Having a conversation with me

All of the individuals that I interviewed had thought of different responses of what it was like to have a conversation with me. Each individual has given me more of an insight about how

our conversations are like with each other. I found it extremely interesting letting them describe what they thought about our conversations. I had learned what they liked about our conversation with each other, as well as certain aspects that I could avoid.

My mother told me that our conversations were active, fun, and clear when I'm in the mood to converse. Other times, when I'm not in the mood to converse with her, it's like talking to a stone wall. My coworkers had said talking with them is always positive and professional, although it depends on what is being discussed. They had also added that having a conversation with me is very limited due to me not being vocal about many different things. My friend had stated that conversing with me is full of little surprises. Although I may be quiet and shy at time, it doesn't get in the way of our conversations.

After reading over my response about what I thought a conversation is like with me, I had said that 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. I know that I can improve on being more vocal about the things that I want to say. I know I can do that by trying to be more of myself and not worrying about what others think about me.

Conclusion

This interviewing process has provided a lot of insight about my personal communication weaknesses and strengths in different aspects of communication. I now have a clearer understanding of what I can do well and what I can improve on. It had also allowed me to gain

more knowledge of what makes a good conversation, such as, what things to do and what things to avoid.

Some improvements that have come to my attention is to be more vocal, this includes my needs, opinions, views, concerns, and adding more to a conversation. Another weakness that I can work on is to be less shy, it can cause challenges in having a good conversation.