

**Journal #4 ----- Improving Communication Skills within the Nephrology Unit**

- How does this journal article/current events/concept relate to the course material?
- What concepts from class did I easily master this week? Why were they easy?
- What concepts from class were difficult for me this week? Why were they difficult?
- Of everything I did this week, what am I most proud of?
- What have I learned this week about myself as a student nurse?

The article relates to the course material since it involves verbal and nonverbal communication skills. In the article, the author expands upon various types of communication and the benefits of effective and ineffective communication skills. For effective communication, the individual needs to have active listening, body language, empathy, confidence, and cooperativeness (Payton, 2018). The concepts from class that I mastered this week include body language and genuine empathy. I am sensitive to another person's body language when they speak to me. I am also familiar with genuine empathy in communication (Payton, 2018). According to the article, practicing empathy of another's situation shows that the communicator holds tactfulness, courtesy, and respect (Payton, 2018). I do not believe any concepts this week were difficult for me to understand. I enjoy learning about various communication skills and how to be a better communicator with others. Of everything I did this week, I am proud of getting enough sleep for my body. This week I learned the importance of having a dedicated study space. References

Payton, J. (2018). Improving Communication Skills within the Nephrology Unit. *Nephrology Nursing Journal*, 45(3), 269-280.