

Chapter 5



Communication in Our Lives, 5th Edition
by Julia T. Wood



Nonverbal Communication

- All aspects of communication other than words themselves
 - includes how we utter words, features of environments, and objects



Principles of Nonverbal Communication

- Verbal and nonverbal: similar yet different
 - **Similarities**
 - **Differences**
- Supplements or replaces verbal communication



Principles (cont'd)

- Regulates interaction
- Establishes relationship-level meanings
 - **Responsiveness**
 - **Liking**
 - **Power**
- Reflects cultural values



Kinesics

- Body positions, body motions, facial expressions, and gestures





Haptics

- Physical touch





Physical Appearance

- Physical qualities such as sex, age, size, skin color, and features



Artifacts

- Personal objects used to announce our identities and personalize our environments





Proxemics

- Space and how we use it



Environmental Factors

- Elements of a setting that affect how we feel and act
 - architecture, colors, room design, smells, lighting, temperature, etc.





Chronemics

- How we perceive and use time to define identities and interaction



Paralanguage

- Vocal communication that does not involve words
 - sounds: murmur, laugh, gasp, cough
 - vocal qualities: volume, pitch, inflection



Silence

- Silence can communicate powerful messages





Improving Nonverbal Communication

- Monitor your nonverbal communication
- Interpret others' nonverbal communication tentatively
 - **personal qualifications**
 - **contextual qualifications**



Textbook WebLinks

- 6.1 [National Eating Disorders Association](#)
- 6.2 [“Dressing Well Online: Your Personal and Professional Image Resource”](#)
 - By Mary Lou Andre
- 6.3 [Classroom Design Forum](#)
 - learn about Ron Baker’s ideas on ideal classrooms



WebLinks (cont'd)

- 6.4: Environmental Justice Resource Center
 - Clark Atlanta University



Websites

- Information on American Sign Language
- Gang hand signs
- Center for Nonverbal Studies
 - The Nonverbal Dictionary
- National Eating Disorders Association
- Sexual Harassment Resources
 - U.S. Dept. of Education, Office of Civil Rights