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SWK246 – Interpersonal Communications Skills

Professor: Jean Carlton

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Activity 1.1, 1.2, and 1.3

Activity 1.3 Communications Skills Inventory

1. 2

2. 4

3. 5

4. 5

5. 5

6. 5

7. 3

8. 4

9. 2

10. 5

11. 5

12. 5

13. 2

14. 5

15. 3

My results were 60 and that indicates that I'm "moderate satisfaction". My three goals that I hope to improve my interpersonal communication skills I will look closely on self-disclosure and self-fulfilling prophecy.

Activity 1.2 Communications Principles and Misconceptions

1. Kristie and Jacob relationship illustrates the feature "interdependence" because as the text explains it can be a satisfaction or a problem whether Jacob wanting to move in together and Kristie not feeling ready or to comfortable moving in together and wanting to work on their communication.

2. Content Dimension

Kristie – "Jacob, I really feel that we should hold off in moving together and understand and communicate more "I don't feel we're ready to move in together".

Jacob – "Kristie, no I don't want to"!

Relational Dimension

Kristie – "Jacob, I understand what or how you feel about moving in together, but I feel that we should talk about it".

Jacob – "Kristie, I understand how you feel about us not moving in together now, but I really want you to consider it".

3. I believe that the communication misconception described in Kristie and Jacob's situation is that "Communication Will Not Solve All Problems" because it clearly shows that Jacob is adamant on his feelings about moving in together and not promising much commitment to Kristie. And it's also clear how Kristie feels that she doesn't want to move in with Jacob.

Activity 1.3 Assessing Communication Needs

My favorite show: Jane the Virgen

1. Physical needs: The character Jane in the show in its first season Jane physical needs are love, touch, affection, her interactions with family and friends, and sexual intercourse as she made a promise to her grandmother not to have sexual intercourse until she gets married.

2. Social needs: Jane's social needs were spending time with her family and friends, working, and doing different activities such as writing, reading, singing, and dancing.

3. Identity needs: Jane's father (a telenovela actor) Rogelio who is so consumed with who he is and how he worries so much about he looks and how he represents himself to people.

4. Practical goals: Jane's grandmother Alba practical goal was to become a U.S. citizen.