

Frances Vasquez

SWK 246/586 INTERPERSONAL COMMUNICATION SKILLS

Chapter 1

Activites:

### 1.1

1. 4- I would feel comfortable with a new acquaintance who has shared personal experience with me. I will decide to review some personal experiences as well. (Social)
2. 4- I would feel comfortable listening to someone else's political views, even if they differ from mine. (Social)
3. 3- regarding a relative who still wants to help me make decisions, I would value the input, but I would want to be respected to make my own decisions. (Identity)
4. 5- I would feel comfortable offering ways in which a friend of mine could behave better. I will do my best to speak on their strengths as well. (Identity)
5. 2- I would feel a bit defensive, and would want to think before I speak, when someone tells me, I am acting different. (Social)
6. 3- I would be able to express my feelings, to, a new friend. Maybe vaguely. (Identity)
7. 3- My response would be pretty vague if I did not like my friend's artwork, but I would also try to be enthusiastic and find at least one thing I like about their art. (Identity)
8. 3- I think I still need help in expressing what bothers me about other people's behavior. (Practical)
9. 2- if everyone at a party were to be a stranger to me and my friend pointed out, I would feel discouraged. (Social)
10. 5- I would like to know more details about the situation than only my friend's point of view.
11. 5- I would most likely agree to disagree because they are invalidating or judging my opinion. (Identity)
12. 4- I would be able to explain the recent assignment to a companion who has been absent. (Practical)
13. 5- I would wait until that person offers advice for my problem. (Social)
14. 3- I would be uncomfortable discussing chores with my roommate, but I would address it in a polite way. (Practical)
15. 2- I would feel uncomfortable telling someone that I am not interested in their friendship, but I would try to explain my reason behind it. (Social)

## 1.2

1. I use phone calls, texting, email, and direct messaging on social media to communicate inter personally.
2. I use texting and direct messaging as main forms of communication because at times, they feel less personal and more practical.
3. While traveling on public transportation, it is more practical to text. I do not like people eavesdropping on my conversations, and I do not like to attract too much attention to myself, while having conversations. There are also times when we speak intimate or private matters, and sometimes they are not appropriate for public transportation or when others are around. While at work, it is easier to send emails and while driving it is easier to use the voice messaging on our phone devices or to speak on the phone.
4. Communication is less effective using mediated channels like texting and DM's when using emojis or not using them. There are times, when a sentence can be misunderstood by the reader and conflict may result. It is also affected by timeliness for instants some people do not check their emails or text messages until the end of their day.
5. I think communications can become impersonal when done through mediated channels rather than in person.
6. With the older generation, 50+, it works better to jump on a daily phone call or face-to-face interaction. However, it is much easier to engage teenagers and adolescents through text messaging.
7. Mediated communication can encourage greater off-line interaction with close friends and significant others because the conversation can continue in/when we meet in person. I do not think that if you text message more you see each other more, it depends on the type of relationship. But I do find it is easier to make plans with people that we text regularly.
8. I believe that when it comes to practical matters texting and emailing are more effective and to the point while phone calls and face-to-face communication varies with the type of relationship we hold as far as roles are regarded. For example, close, friends, significant others, and family will usually get phone calls or Face-to-face visits from me.

## 1.3;

1. Kristie seems to be desirous of fulfilling her identity and practical needs. She values independence and commitment. Although, she wants commitment she is also practical in her reluctance to move in with Jacob. Jacob wants to move in with Kristie from a place of convenience which meet his practical (financial), social (companionship) and physical (affection, support) needs.
2. I believe that Jacob is sending the message to Kristie that he is not ready for the type of commitment she desires. And in turn, this puts Kristie on the fence about moving in together.
3. I believe that Kristie has a misconception about Jacob. She is focused on the idea that he does not want to be more committed to her. While Jacob may believe that moving in together is a step of greater commitment to her. I also believe that Jacob is communicating that he does not want to disappoint Kristie and she is understanding this as a lack of commitment non his part. Although Kristie believes that

communication will it help their relationship, Jacob is communicating that he wants to increase his commitment, but not in the same way that Kristie does. He is not being intentional about his lack of commitment, but rather thinking of options that would lead to commitment. Kristie may not fully understand his intentions. As the text explains communication will not solve all problem, sometimes communicating will cause problems.

4. Mediated communication can assist Kristie and Jacob up by allowing them to speak about their expectations of commitment in the world thought out way through text messaging; they can go back-and-forth in the conversation and take as long as they need to express themselves accurately. I think that texting may help the emotional reactions and responses that this type of conversation can have.

5. Kristie and Jacob may benefit from cognitive complexity in order to construct a variety of frameworks for viewing their issue.