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Survey #1

The first survey was a questionnaire with twenty personality characteristics. We were asked to agree or disagree with characteristics that may apply to ourselves while interacting with others. Some of the characteristics included; helpfulness, sympathetic, dominant, aggressive and competitive. For both the categories of assertiveness and responsiveness I scored a 41. Based on the instructions any score above 34 indicates high assertiveness or responsiveness.

Personally I would have thought I would have received a moderate level for both categories because I see myself as a shy person. Because of my role as a manager at one of my jobs, it has forced me to be more assertive and responsive when it comes to interacting with employees. Not everyone has the same level of respect when it comes to their management team at work so I've learned that sometimes I have to be more aggressive and assert dominance with certain people. Being assertive can be a good trait to have because some people will respect you more compared to a manager who is not firm when speaking, they will get walked on by their employees.

When it comes to being responsive I believe my score is reasonable, this is because I was always taught to help others and be friendly growing up. Also since I work in the medical field as an EMT, It is an important quality to have since we have to deal with ill people and medical, psychiatric and traumatic emergencies all day. When it comes to working we have to be quick with our decisions and make sure we always make our patients feel safe and cared for. I view the scores on this survey as a positive thing because both are good characteristics to have based on what I do for a living as well as how I can interact with others on a daily basis.

Survey #2

The second survey involved reasons people have given on why they talk to others. From the list provided we had to express if we agree or disagree on the reasons on why we talk to people. Overall the motives of the list were for pleasure, affection, inclusion, escape, relaxation and control motives. My scores indicated my motives were high for pleasure and affection but low for inclusion, escape, relaxation and control.

I agree with what my high motives were because since growing up, I have not been the type of person to talk/text someone on a daily basis unless it was my significant other. I personally believe that trying to talk to someone on a daily basis or even just randomly trying to reach out to them makes me feel like an inconvenience or like I am bothering/annoying that person. Usually I only reach out to people for work purposes, not including talking to my significant other or randomly my friends or family. Even if I am having a bad day or feeling really lonely I rarely reach out to people for the same reason of feeling like a bother, I would rather keep things to myself.

I would rather have people reach out to me so I know they are willing to talk to me or whatever the reason may be. This way I feel more comfortable knowing I am not bothering them and they are speaking to me by their own means. I am not too sure why I feel this way because I actually do enjoy talking to people and having random conversations but I know this is something I just have to learn to fix. I've learned that just because we feel a certain way does not mean other people feel the same way about the situation, meaning it might be a good idea to reach out to people and just take content clues to see if the person actually cares about the conversation or if it truly is a bother to them.

Survey #3

The third survey was a scale indicating our feelings about a recent acquaintance. Some of the statements we had to rate included; if we feel like they like us or not, have similar behaviors or come from a different social class. The score determined attitude and background homophily. I learned that attitude homophily determines similarities in personality, values and behaviors between two people. Background homophily is how individuals are socially connected.

The person I chose was my friend David which I have been talking to for a little over a month now. This survey was a bit confusing for me because of the format of the questionnaire and the switching of numbers at the end to receive a score so I was not too sure if it is completely accurate. For the attitude homophily I scored an 18 and for the background homophily a 12. In regards to the attitude homophily I do think this person and I are very similar because we did grow up having similar belief systems and upbringing, our personalities are also very alike. For background homophily the score ranged a bit lower, this can be because now as adults we made different life decisions and what I considered being in different social classes. Based on this career and education I see him as being in a higher class than me.

In regards to our interpersonal communication skills, I still believe that they are similar. Having a higher education level does help with our form of communication but I think those skills can also be learned in certain careers as well. Because of our similar backgrounds and upbringing when we communicate sometimes we can sometimes revert to how we spoke before learning these skills. This being said, in conversation we feel comfortable with each other and are able to discuss our similarities. Also with some level of comfortability it is easier to communicate and understand each other.

Survey #4

The fourth survey consisted of statements concerning attitudes towards conflict and different ways you might choose to deal with it. A high score ranging from 45-60 indicates that the person favors constructive or positive conflict while a lower score ranging from 12-27 indicates an inclination to deal with conflict in a negative or destructive matter. I received a score of a 44 indicating neither constructive nor destructive conflict is evident.

This questionnaire showed me how I am a person that likes to avoid conflict but if the conflict is already there I am not as afraid to face it. Personally I like to avoid conflict because it just becomes a stressor when it escalates or can not be resolved. The only time I believe it is okay to start conflict is when someone is being disrespectful or discrediting someone's belief. I have been in situations where someone was insulting me and becoming very aggressive but I chose the best option of staying quiet and letting them diffuse on their own. Communicating with conflict can become very difficult because we never really know how the situation will turn out.

When it comes to physical violence in conflict I will disagree because I believe violence does not solve anything besides releasing anger at the time. At the moment physical violence might feel like the best option but in the end it can have negative long term effects and may cause irreversible physical damage to a person. I truly believe it is best to discuss the conflict or issues with the person as soon as possible because this way it can be resolved at an early stage rather than letting the conflict escalate to unnecessary means. Early communication is also a sign of maturity and acceptance because there can be situations where you may have an issue with someone and the other person is not fully aware of it.

Survey #5

The fifth survey consisted of what people might do to maintain their relationships. We were asked to rate to the extent which items describe our current method of maintaining our relationship with either a partner/significant other, parent or sibling. Some examples included; asking about their day and making interactions enjoyable, how open communication may be, speaking about the future, spending time with their friends and performing tasks. These methods indicate positivity, openness, assurance, network and tasks.

For all of the methods I scored high numbers based on the range provided. I based this survey on someone I have been talking to which can be a potential partner in my life. Based on previous experiences I've learned that proper communication and positivity is the key to a successful relationship. Being positive and showing interest in the other person's life is always a good method because it creates a good energy and a bond within the relationship knowing your partner can always bring you up even on the bad days. One of the biggest lessons I've learned is that openness in a relationship is a major factor when it comes to communicating. In my previous relationship I felt like it was one-sided, I would always try to have very open conversations about our relationship and feelings and ask his opinions/thoughts but he didn't really express himself. With this being said in my current situation I've expressed how I felt about things and he is very responsive and expresses himself properly.

This can make it easier to understand what we want from each other and how things can be fixed if an issue does come up which leads to assurance. With the open communication we can assure each other that the relationship is going in the right path. Our relationship is still fresh so it has not really reached the network and task area but I responded to the questions as to what I would do in future situations.

Survey #6

Survey six made us think of listening roles or situations we are often in, for example our listening at work, as a friend, spouse, child or as a parent. Some of the statements we were asked to rate involved when we pay more attention, how we show interest and how we may respond. This will determine the listeners preference which are: people, action, content and time. I think this might be a bit inaccurate for me because I have ADHD and can sometimes become very distracted mostly when it comes to paying attention and listening to others. Growing up I struggled paying attention in school or even just having a regular conversation with others because I would occasionally zone out and lose track of the conversation.

Based on the tally results I had a high performance when it was people oriented and moderate performance on action, content and time oriented. This survey made me learn that I focus more of my attention when it comes to people's feelings. I very much agree with these results because even though I am distracted when it comes to listening I do try extra hard so I do not miss information mostly when it is convenient. One of the survey statements was informing the person you have limited time before a discussion, before this questionnaire I did not know time oriented was a thing and that involved it. I assumed it was just common courtesy to let someone know you have limited time so they are aware.

In regards to interpersonal communication, listening skills are a major factor to consider. In order to properly communicate back or give feedback, one has to be aware of the situation or discussion they are involved in. Someone who is not paying attention is not properly receiving the information and will not understand. As mentioned earlier, my listening skills are one of my weak points but it is something I try to improve on a daily basis.

Survey #7

The seventh survey has different statements describing ways some people behave while talking to others . We had to indicate how often these actions are done by someone we have a personal relationship with, some including gestures, body language and form of speaking. When receiving a score at the end it determined the norms for female and male means. This survey really made us think of how others communicate or express themselves in other forms rather than just verbally. Personally I was confused on what the final scores meant/signified but the survey itself was informative.

When we talk to people through text or on the phone we do not really see any facial expressions or body language so sometimes we can take what they are saying differently than intended but when having a face to face conversation it can be easier to read and understand what they may be talking about or trying to express themselves. I know personally I struggle with maintaining eye contact through conversations but I use other forms to express myself for example gestures and facial expressions. I sometimes even use touch to let people know I am responsive and care about the conversation. From a young age my mother also taught me that posture is a great indicator of someone with good communication skills.

I did the survey based on my friend David again because I personally think he has great communication skills. When speaking to others he tries to make the conversation feel personal and makes the person feel comfortable and heard. He always keeps eye contact and uses gestures as needed. Appropriate facial and voice expressions are always used. Because of my opinion of his excellent communication skills, I feel like I will learn a lot from him. I know some people do not like or feel uncomfortable being touched by others so we also need to know when it's appropriate to use certain gestures and forms of communication.

Survey #8

In the eighth survey we had to think about a recent disagreement with a person who is close to us. We had to respond with how we handled or would typically handle the conflict with that person. At the end the score determined our conflict management style, whether it is withdrawal, accommodation, forcing, compromising or collaborating. The score ranged from 4 being the lowest to 20 being the highest, I received 13 and 14s for all except collaborating which was a 17 the highest score.

The person I thought of for this questionnaire was my ex boyfriend because we would constantly argue. As mentioned in survey #4, I like to avoid conflict because it can be a stressor and from prior experience I know this person is always looking for arguments or may take things differently than intended causing an argument. For the beginning portion of arguments depending on what it may be, I sometimes argue back and try to defend my point but once I see nothing is being resolved I give up and collaborate. If I had to choose which conflict management style I think I use more, it would be withdrawal because rather than continuing I prefer to just end the conflict.

Conflict is something that can not always be avoided so when we are in those situations it is good to have a method on how to handle it. Based on this survey I learned that I handle conflict differently depending on who the person is, with this specific person I choose to do whatever I can to avoid any form of conflict and if it does arise to end it and just apologize to this person. In other cases I will try to defend my argument if I know I am in the right, if not I would look for a way to compromise so both parties remain neutral.

Survey #9

Survey nine contains statements in regards to arguing about controversial issues and determines how often these statements are true. The overall score shows which level of motivation someone has to argue, ranging from high, moderate to low. I received a score of 8 which ranged in the moderate level. As stated in previous survey I believe to be a person who has low motivation to argue but I realized that was only with one person.

With this specific survey I learned that another reason I might not like arguing is because of how the other person or just people in general might think of me. Personally I care a lot about my image and how people see me and would not like it if people saw me as someone who is constantly looking to pick arguments or is not reasonable.

When it comes to more educational arguments like debates on certain topics, I actually enjoy it but also fear someone's feelings might get hurt. Majority of the time I put other people's feelings over mine because I prefer them being happy and not feeling stressed. If arguments or conflicts can be avoided it would feel like a bigger success than winning an argument. There were a lot of surveys about conflict and how we react to it which made me realize I am sometimes timid because of the fear of displeasing and stress. If I want to improve any form of my communication skills I would have to start by not always avoiding arguments because all it does is prevent expression and forming solutions.

Survey #10

Survey ten was the last and shortest survey, we were asked to give a percentage of how confident we are knowing a particular fact about a person. The point of the survey was to see how confident we are in guessing only. The final score determined the percentage of attributional confidence we feel towards this person. Once again I did mine based on my friend David, even though the relationship is fairly new I speak to this person on a daily basis and feel like I've learned a lot about him.

Some of the questions asked if we would be able to predict their behavior, predicting their values and overall how well we know the person. People always say we never truly know a person, which I completely agree with because people will always hide things or not reveal their true selves to others. But based on my interactions with this person and the information they choose to reveal of themselves I believe to be confident in how they are as a person and possible behaviors they might have. I relate this to communication because myself and this person are very open with each other. We've had many conversations about who we are as people, our belief system and morals and many other things. We set our goal to be transparent with each other and communicate about everything this way we truly get to know each other.

Overall I believe these surveys have opened my eyes to reasoning on why we may communicate or respond in a certain way. Everyone has their own way of communicating. Some people may not have the best form of communication but we can always learn to improve and learn to understand others so we can be more receptive. Communication is not just about verbal interactions but also our emotions and gestures. After this I realized I want to learn how to improve some of my communication skills.