

Polytechnic University of the Philippines (ABM)

REFLECTION PAPER ABOUT COMMUNICATION

Myself as a Communicator Reflection Paper

Communication is one of the fundamental factors throughout relationships, work environments, and everyday life. Examining how we communicate is a necessary means to improve our communication and reflect on our actions. In this reflection, I will reflect on my communication in several areas, including perception & self, verbal communication, listening, and non-verbal communication. Within each category, I will examine what I excel at and what I could improve on.

Perception & Self:

As we communicate with others, we make assumptions about the other person. Those stereotypes and labels are called schemas and can affect the way we communicate and understand each other. For example, a positive label given to me is "you have a large vocabulary". This label has affected my self-concept by giving me the confidence to talk with older, more adept people. When I communicate with others I try to live up to that assumption and pay attention to what my word choice is. That assumption has created a social construction that has influenced my communication mannerisms. However, not all assumptions are positive. An example of a negative label given to me is "you talk too much". This label has affected my self-concept by making me second-guess how much I talk and causes me to feel insecure when talking out loud and in groups. I'm always thinking, "How long have I been talking?" or "Are they just waiting for me to stop talking?". It has heavily impacted how I communicate with others; no matter who I'm talking with I always feel judged.

Communication is founded upon our ability to connect and perceive others. Once we give each other labels or stereotypes, that can interfere with our ability to communicate clearly and correctly. I believe that it is my responsibility to be careful with what labels I assign to others, as it can vastly impact how I can communicate with them. For example, if I label someone as always talking loudly, I might avoid talking to them and would likely not listen to what they have to say because I'm so focused on them being loud; this is also an example of selective perception. Furthermore, if I make a stereotype about someone, it could alter the way I perceive their message, which leaves more room to misinterpret or misunderstand it.

Communication Reflection Paper

Roman Wölfel



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