

# Communication essay sample

[Sociology](#), [Communication](#)



Communication can simply be explained as the means of transfer of information, and ideas from one person to another. But we also realized that this process extends way beyond just the usage of words. As Julia Wood aptly explains it, communication is like a “ mosaic” of intricately woven pieces of words, body language, ideas and emotions. From the communication skills exemplified in the “ Communication Mosaic”, I have learnt that it is not about communicating more but rather communicating effectively, saying the right thing at the right time by the usage of the right words and body language.

Upon reflection on my personal experiences in communication, I have been able to draw parallels between my cultural backgrounds, my upbringing on the many ways that I communicate with people. I was able to see evidence to the fact that the words of communication we hear as children can make us strong willed or insecure. It is true that what we are exposed to as children also reflect on our communication skills. My cultural background and the security that I received as a child whilst growing up amidst a circle of supportive and encouraging family members and well wishers has made me secure, tolerant and sometimes with a sense of superiority. In this essay I would like to evaluate based on Wood’s description how my upbringing and its influence on the formation of my self-concept extends to my communication skills.

The security that I have had as a child has made me a good listener. Since I do not suffer from any complexes I am able to suspend judgement and be an active listener while passively contributing to a conversation. My thirst of knowledge and my cultural difference between that of my chosen country of

residence makes me realize the importance of communication through non-selective listening. I am able to use this as a tool for establishing good conversation while also being able to gain perspective on the viewpoints and thought process of people from cultures other than mine. I have realized that listening without prejudice is as important a tool of communication as expressing a point of view.

Wood also talks about how our life script is influenced by the people close to us while growing up. I can see that influence from my own early life combined with my cultural background, reflecting on my tolerance and empathy for others. While I understand that what may be quite acceptable and viewed as genuine concern in some cultures may be viewed as idle gossip in others. It is important to understand and realize the nuances of our present cultural setting and adapt our communication skills to suit it. I realize that modulation of how we communicate this concern can break the cultural barrier.

The positive appraisals of my early life have also made me very confident in my communications. This confidence helps me overcome the cultural barriers and accept the stereotypes surrounding my cultural background. This has goaded me to know more about other cultures whilst refraining from passing judgement. I deliberately injected my communication with phrases and terms that are American by nature. Adapting certain nuances of American communication has helped ward off some of the cultural alienation that I would have had to experience otherwise. This also helped in making the other person feel at ease and communicate freely with me.

Wood also talks about evaluative and descriptive communication (140),

which arise from a defensive attitude. I realize that my defensiveness towards negative evaluation of my work or my personality arises from the secure attachment style exhibited by my family in my formative years. While this has had much positive impact on my personality it has also made me prone to defensiveness and at times exhibit superiority towards others. I realize that the security instilled by my positive childhood can be used to my advantage by showing humility in my communication. By giving due importance to another's viewpoint, I can also instill confidence in them while achieving my end.

## **Conclusion**

My cultural background also has instilled a certain amount of tolerance and understanding of other cultures which reflects in the way I adapt my communication skills to suit different people. I have realized that it is important to focus on the objective of the communication rather than try to prove a point. If the object of the communication is to motivate a person to perform a certain action, words of encouragement are far more effective than a show of superiority. We cannot order a person to act in a certain way we have to be able to motivate them to want to act a certain way. Effective communication has been proven to be the basis of all successful human relationships at both a micro as well as macro level making everyday of our lives a challenge as well as a plethora of opportunity for new and beautiful opportunities.

## **Works Cited**

Julia T wood. Communication Mosaic: An introduction to the field of communication. 6th ed. 2011. Print.