

Communication report (reflection paper)

Sociology



**ASSIGN
BUSTER**

Communication Report (Reflection Paper) I had diverse goals and objectives that I expected to achieve at the end of the training. Most of them are applied in the daily lives of human beings. For instance, I wanted to obtain deeper understanding on the relationship of communication and human beings, I wanted to get knowledge on various theories of communication, origin and their proponents, get knowledge of different contexts of communication of human beings and how they are contrasted from others such as small groups, interpersonal and intercultural, develop creative and critical thinking skills and at the same time improve in my observational, listening and skills of solving challenges (Pauley & Pauley, 2009).

After finishing the course I achieved my goals, foremost by completing the course outline content. Apart from that I now have the knowledge of good listening and observational skills, listening skills, analytical skills and ethical use of words which I apply during my daily conversation with other people. Moreover, I have built good relationship with my fellow students and teachers at large (Pauley & Pauley, 2009). Significantly, I am at a position to solve communication barriers and I now know how to handle situations and people who are difficult to reach into a better agreement. Since I finished my course I have gained more confidence and I can address people without any fear. I have gained a skill of linking word and body language when a speaker is talking about something.

As a group member I have gained a lot of knowledge and skills pertaining communication and getting information from other people. My group has made me to be composed and have high self-esteem which has given the confidence. My group has modeled me in all aspects of communication. I can deal with the negative attitude and come to a balance whereby I don't

misunderstand and misquote people due to the way I view them.

Personally, I have benefited so much by learning communication especially self-awareness, skills which are improved and improved and better relationships with other people. I have known the areas I can improve, and maintain the areas where I am good. This has enabled me to improve on the areas of my weaknesses. My communication skills have tremendously improved and this has been portrayed by the present improved relationship with other people. Improved self-awareness helps build stronger communication skills, which leads to the enjoyment of better relationships (Pauley & Pauley, 2009).

The major aspect which has created strong bonds in the relationships of people is the listening to other people's ideas and opinions. It is important in showing them that they are of value and their opinions are respected. When differing with other it is important to disagree in a manner that everybody is satisfied. Terms like please, I am sorry and thank you are important in building good relationship between people.

References

Pauley, J. A., & Pauley, J. F. (2009). *Communication: The key to effective leadership*. Milwaukee, Wis: ASQ Quality Press.