

At first I didn't think I was going to get too much from the COMM 1010 class. I just looked at it as a requirement for my degree, which it is, but it turned out to be a bit more to me than I initially expected. In this class I learned a few things about myself and how to better my own relationships with other people.

Learning these things gradually throughout the semester, I decided to apply what I've learned in my own life. When I got a review about how people feel I am as a communicator, it was mostly positive, but I found that I let my phone come between the person I'm conversing with. I was shocked and knew that I did that, but more shocked that the person took offense because I made an effort to still hold the conversation while I fiddled with my phone. I learned it can give off a disinterest in body language, as well as holds back the ability to communicate the most effectively. I also learned how to better help my girlfriend when she is stressed and looking for someone to talk to. I would always try to solve the problem for her when she really just wanted someone to sulk with. So now I try to sulk more with her and feel what she feels, and it seems to be helping a lot!

These are just a few of the things I learned in this class. I value them because these are life-long skills that will always be of value. Some things don't cross your mind about communicating effectively, but this class definitely helps target someone's weak points so they can improve themselves.