

Choosing Topics for the Summer Culmination Paper

Choosing Topics

Purpose

By reading about all of the possibilities for your culmination paper, and then reflecting on your chosen relationship, you can choose the topics that are the most relevant and interesting to you, making the entire experience much more practical.

Task

- Read through all of the topics below. You may consult your course readings and any outside sources to fully understand the potential of each choice. Consider these to be broad starting points; you may dig deeper into the specific skills and competencies as you see fit.
- Choose one communication skill and one area of communication competence from the options below to write about in your culmination paper and apply to your life and chosen personal relationship.
- Post your choices to the discussion board on WebCanvas for participation points by the specified due date.

Criteria

This is graded as credit/no credit. You will receive full credit if you complete the requirements above by the specified due date. You must also read any responses from your instructor, and make any necessary adjustments before moving on in your paper.

Consider: What is a communication skill?

Repeatable behaviors, patterns and practices you routinely use when interacting and communicating with other people.

Communication Skills choices for the culmination paper: (choose one)

1. **Verbal skills:** the exchange of spoken language with others during an interaction, including word usage, expressing meaning, being understood and inclusive, crafting conversation, self-disclosure, humor, etc.
2. **Nonverbal skills:** the intentional and unintentional ways of sending and receiving meaning to other people through non-spoken physical and behavioral cues such as eye contact, tone of voice, facial expressions, etc.

3. **Listening skills:** the ability to accurately and effectively receive and interpret messages when communicating interpersonally, including avoiding miscommunication, paying attention and focusing, providing appropriate feedback, and remembering information to recall at a later time.
4. **Emotion management:** involves attempts to influence which emotions you have, when you have them, and your experience and expression of them to other people. Examples include: anger, joy, sadness, surprise, disgust, fear, jealousy, and contempt.
5. **Conflict management:** understanding that when disagreement or difficult situations arise with other people we have choices to make regarding how to most effectively reach a possible resolution, including avoidance, accommodation, collaboration, compromise, and competition. Reactivity is also an element of conflict management.

Consider: What is interpersonal communication competence?

Consistently communicating in appropriate, effective and ethical ways.

Consider: What is required to be a competent communicator?

- Knowledge (learning about interpersonal communication)
- Use (putting communication skills into practice)
- Adaptation (being flexible interacting with different people in different situations, and learning from your mistakes)

Elements of communication competence choices for the culmination paper: (choose one)

1. **Self-awareness:** the ability to view yourself as a unique person and then reflect on your thoughts, feelings, and behaviors. Related to self-monitoring.
2. Providing **empathy:** identifying with the emotions of other people, being able to relate to them and understand where they are coming from.