

Communication: Personal Reflection

In this activity you will think about all the ways you communicate throughout your daily routines and reflect on how your communication skills have developed.

Review the three types of communication below:

- Verbal Communication is using oral language to share information or express our feelings and thoughts. Examples of verbal communication are participating in a conversation or giving instructions.
- Nonverbal Communication is the way we express our feelings and thoughts and share information without using oral or written language. Examples of nonverbal communication are body language, gestures, facial expressions, touch and the use of images.
- Written Communication is using the written language to express our feelings and thoughts or share information. Examples of written communication are posting signs, sending letters or email, using labels, and creative writing.
 - Electronic communication is a type of written communication. Examples of electronic communication are using email, social networking and text messages to share information or express our feelings and thoughts.

Use the chart to list how you have communicated in the past few days by sorting them by communication type.

Verbal Communication	Nonverbal Communication	Written & Electronic Communication
<i>I called my grandmother on the phone to see how her weekend was. We talked for almost an hour.</i>	<i>As I was walking my dog last night, I waved and smiled to several neighbors.</i>	<i>Every day when I leave work, I text my husband to let him know I am on my way home.</i>

Think about it: Communication

Take the time to reflect on how your communication skills have developed and changed since you were a school-age child. Answer the questions below.

1. Do you remember a time that you had something you needed to say or share, but could not find the right way to do so?
2. Think about your school days. Do you remember a time you had to speak publicly? How did that make you feel? How have your public speaking skills changed since you were in school?
3. Think about the different types of nonverbal communication. Can you remember a time that you tried to give clear nonverbal cues or use body language to express yourself?