

Hello, everyone. You've made it to week five. Congratulations. In this week's forum, we're going to be doing a final session of self-reflection. This time, you will be required to think through all of your communication skills.

So, what do you see as your strengths? What are the areas on which you need to work? As you think about this discussion post, avoid simply listing all the pros and cons of your communicative abilities. Instead, you want to, once again, make some connections between what you observe in yourself and what you've learned in this class.

So, perhaps you are certain you need to become a better listener. Do you think being more empathetic might help you there? What do you expect of others in terms of listening when you are speaking? How can you connect these themes to Bevan and Sole? It would be easy to discuss active, empathic listening here. However, you could be creative and discuss listening in terms of impression management, something Bevan and Sole discuss extensively in their text.

Could being a bad listener give others the impression you are less attractive? Are you deemed trustworthy if you don't listen? What are some of the many benefits of being a good listener, either in your professional or personal life? Or, instead of being a poor listener, maybe you think that the most important component you need to work on is your fear of public speaking. Bevan and Sole offer a lot of advice about how to address this common fear.

How can you start working on this right now? How could this improvement help you in specific ways? Is any of your apprehension related to the ideas of the self we discussed in week one? Might you need to address your overall self-image or self-esteem here? If so, use some experts to support you.

When you address your strengths, you should also find ways to connect your points to key themes from this class. Again, don't forget the references. Remember the discussion grading rubric. We want to see you demonstrate you've done the reading and can apply central points to your own experience. Do you see how doing this will both help you earn points in use of course material and in critical thinking?

Each discussion post is an opportunity to show us what you've learned. Take these opportunities. And remember, it might be obvious to you that you are using course material. But without citations, we instructors won't know for sure. Outside of this, you should be giving others credit for their ideas, so don't forget those citations.

OK, on behalf of all Com 200 instructors, we want to thank you for all of your hard work in this class. We hope you've gained useful information in this course and want to see evidence of this knowledge in these posts. Good luck in this final forum and in all of your future classes here at Ashford.