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Reflection 1

1. **In your own words, what is communication? Why is it important/ why should we study communication?**

Communication to me is an ongoing and growing process of exchanging thoughts, ideas, information, and knowledge. The process of communication is important because it is necessary for human interaction. Although communication can be shown in many other ways for example, when my smoke alarm starts beeping it is communicating to me that its batteries need to be changed. I think overall the importance stems from the fact that if we did not have communication our world would be complete anarchy and chaos. Even from the beginning of humanity when cavemen could not speak, they still used symbols, sounds, and gestures to communicate with one another. We should study communication because although the field of communicating has widely developed throughout history it is still continuing to grow and it is important that we learn how to better communicate and understand within the world around us.

1. **Utilizing the models and theories presented in these chapters, describe the communication in your family and friend groups. Which model best describes and explains communication in your life?**

The model that best describes the communication within my family and friend groups would say is the transitional model of communication. This model contains two or more communicators that send and receive information at the same time within a channel of feedback. The reason I chose this model was because even though communication with my family and friends can be kind of crazy sometimes, I know that when there are times that I need to talk to them, or they need to talk or rant to me it will always be a respectful process of both listening and speaking to one another. For instance, if I am going through a hard time and need to talk to my parents, I know that they will always listen to me but also give me the best advice out of anyone. Within that process I want my family and friends to be able to come to me with anything knowing I am an ear to listen but also someone who can think critically to help them through situations they might be going through.

1. **Identify an occasion in which you engaged in the self-serving bias (ch. 2). What ethical choices do we make – perhaps unconsciously- as we selectively perceive, organize, and interpret others, particularly people whom we think are different from us in important ways?**

An example of self-serving bias actually happened to me very recently. A new friend that I have been hanging out with recently mentioned that their favorite movies were the Star Wars collections and immediately I said that I have never seen any of the Star Wars movies which shocks most people when I say that. He of course was very much in shock, he asked me why and how and I said that I think it is nerdy and stupid and have no interest in watching them. We then began to argue about our different perspectives on the topic, knowing that I cannot truly form a valid argument because I have never actually seen the films. I formed a preconceived notion of Star Wars based on the fact that society has grouped people who like the movies in with a very geek type personality. This friend of mine the other night made me sit down and watch the first ever Star Wars and me being the stubborn person that I am did not admit that the movie was actually decent. Instead, I stuck to my self-serving bias and said that the movie was exactly what I had expected it to be.

1. **How does communication intertwine with perception and reality?**

Communication intertwines with perception and reality because every single person on this planet perceives and processes things differently. This is a huge part of communication because you could easily say something to someone meaning one thing and they perceive and understand it in a completely different way in which you meant it. This goes along closely with the concept of meaning within communication and the way we put meaning into things and that can affect people. This makes me think of the famous saying “sticks and stones may break my bones, but words will never hurt me.” Well words themselves cannot hurt you but the meaning placed behind those words can. This concept can then shift our entire reality and how we define self. If someone told you every single day of your entire life that you are ugly, then you might start to believe that you are ugly even though the truth in the matter is that everyone is beautiful in their own unique ways. Communication is very powerful especially when combined with perception, reality, and our definitions of self, and like all power it can be used for the purest form of good but also can be used for bad.

1. **What are some of the ways in which communication and social media have shaped and shifted your identity and/or how others perceive you? How does communication dictate how you perceive others? Give specific examples from your own experiences.**

I think in our generation today especially social media is one of our biggest forms of communication and has shaped every single one of us. An example of how communication and social media has personally shifted my identity and the way people perceive me is if you ask anyone who knows me one of my biggest interests and characteristics is fashion. I love everything about fashion and am now pursuing a career in the fashion industry. This one hundred percent would not be the direction I would be taking for my life if it wasn’t for growing up with social media and daydreaming about all my favorite fashion icons. Now that has shaped me it is also a key component in how others perceive me, everyone knows I love fashion and literally call me a fashionista and always asks me for fashion advice because using social media currently I also stay in constant update with all the latest fashion trends. In turn it also dictates how I perceive others because my self-fulfilling prophecy is fashion. I believe that the styles we chose to wear are an expression of our self-identity, and subconsciously the first thing I notice about someone is their style and the way they dress. Leading to me automatically perceiving someone based off of the shoes they wear or the purse that they carry.