Chapter 1: A First Look at Interpersonal Communication

Question 1: Maslow's Hierarchy of Needs begins with basic level needs and extends into self-satisfying needs. Regardless of the level, communication is an essential component. For each stage of the Hierarchy, discuss the role communication plays in meeting the needs at the level and bring in your own experiences as examples.

Question 2: In the Communication Continuum, there are three levels of communication: I-It, I-You, and I-Thou. Give an example of each relationship in your life.

Question 3: Metacommunication can be both verbal and nonverbal. Define the term and give personal examples (at least one verbal and one nonverbal) of metacommunication in a recent relationship.

Chapter 2: Communication and the Creation of Self

Question 1. Explain uppers, downers, and vultures and give examples of the different people that play these roles in your life. How have these people affected you and your self-concept? How important are these people in your life?

Question 2. Describe the various attachment styles and explain the one that you identify with the most. How has this attachment style affected past relationships and friendships? How has this affected your identity of self?

Question 3. Discuss the links between the opinions of particular and general others and how that relates to your own self-fulfilling prophecies. What self-fulfilling prophecies have you experienced? How has this affected your ego or self-sabotage?

Chapter 3: Perception and Communication

Question 1. Read about the Implicit Personality Theory. This theory addresses the idea that individuals tend to judge people based on clusters of personality traits. Write about a time you have been misjudged or a time you misjudged someone.

Question 2. Think of two situations: One in which you perceive that the majority of people are like you same sex, race, age, anything, and one in which you perceive that you are a minority. How does your sense of being a majority and minority in each situation influence your perception of others who are present?
Question 3. Since we went over a lot of the bold-faced terms in class with the Communication Model, pick one of those words and write about your experience with it. You have complete creativity in regard to the question, just to be sure to follow the guidelines for formatting.

Chapter 4: The World of Words

Question 1. The chapter describes how language is laden with values. Loaded language can affect communication negatively or positively. Give two examples of how loaded language has come into play in your own life and what you can do to avoid using loaded language.

Question 2. Read the section on Gender Speech Communities. The section discusses how men and women form relationships differently, communicate problems differently and listen differently. After reading the section, give your opinion and personal experience regarding one of the differences mentioned in the articles.

Question 3. Dual perspective is one of the many ways to improve verbal communication. Has your opinion regarding the way someone was behaving been influenced by dual perspective in an argument in the past?

Chapter 5: The World Beyond Words

Question 1. Starting on page 140, Julia Wood describes different types of nonverbal communication. Which of these types do you pay attention to the most? Which do you pay attention to the least? Provide personal examples of how these types of nonverbal communication play a role in your life.

Question 2. Various cultures view time and chronemics in different lights (pg. 139). What is your own view of time and how does it play a role in your life? How do those around you view time in their lives? How does this positively or negatively affect your relationships or communication?

Question 3. "In her book Composing a Life, Mary Catherine Bateson (1990) comments that we turn houses into homes by filling them with what matters to us" (Wood, 145). How do you fill the space you live in with what matters to you? What artifacts do you carry with you on a regular basis that portrays your identity? How do these artifacts play into your communication with others?
Chapter 6: Mindful Listening

Question 1. There are many internal obstacles to effective listening, including prejudgment, lack of effort, and preoccupation. Write about which of these obstacles you face the most often and what you can do to avoid letting these obstacles interfere with your listening skills.

Question 2. Who is your prototype for an effective listener? Share what the person does to make him or her effective. How do the person's behaviors fit with guidelines for effective listening discussed in this chapter?

Question 3. There are many forms of non-listening. Review the types (psuedolistening, monopolizing, selective listening, defensive listening, ambushing, and literal listening) and write about an experience you have had with one of them. You may write about a specific event that occurred or a person that practices this type of non-listening.

Chapter 7: Emotions and Communication

Question 1. How did you learn which emotions were acceptable for you to express? Can you recall specific instances in which you were taught you should, or should not, feel particular emotions?

Question 2. Read about emotional intelligence in the workplace and discuss how you think this type of intelligence can, or cannot, hold as much weight as IQ when on the job.

Question 3. Ineffective expression of emotions can have a negative affect on relationships. Describe how this affected any relationship you have had and how you have learned from this to avoid ineffective expression of emotions in other relationships.

Chapter 8: Communication Climate: The Foundation of Personal Relationships

Question 1. Trust is a cornerstone of healthy personal relationships. Trust encompasses believing in another's reliability and desire to protect our welfare and relationship. Describe a trustful relationship with someone. Has that trust ever been broken? Or, describe a relationship where trust is an issue. How do you think you could, or could have, mended the broken trust?

Question 2. Describe the type of situation or relationship in which you are most likely to demonstrate one of the following communication types: differential, aggressive, or assertive.

Question 3. Comment on relationship dialectics. How have you demonstrated these dialectics in your own relationships? How do you manage the tension between the opposing needs in
each dialectic? Is there a point in which the tension becomes unworthy of the effort to manage it?

Chapter 9: Managing Conflict in Relationships

Question 1. Think about ways you typically respond to conflict. Do you tend to rely on one or two of the four responses discussed (exit, voice, loyalty, neglect)? Are your response tendencies consistent with research findings about women and men in general?

Question 2. What conflict script did you learn in your family? Think back to your childhood and adolescence and try to remember what implicit rules for conflict your family modeled and perhaps taught.

Question 3. Read the section about showing grace when appropriate. What kind of relationships or conflict situations have you encountered where you showed grace? Where has someone else shown you grace or shown you no grace at all?

**IN ADDITION (REQUIRED)

Please prepare on a separate sheet of paper WITHOUT YOUR NAME!!! what have you liked/disliked about your TA's involvement in the class? This is your chance to offer advice or voice complaints anonymously. Also, if you think future assistants can conduct anything differently, please let us know.

Chapter 10: Friendships in Our Lives

Question 1. Think about a friendship you have with a person of your sex and a friendship you have with a person of the opposite sex. To what extent does each friendship conform to the gender patterns described in this chapter?

Question 2. Think about a relationship you have with a close friend. Describe the investments you and your friend have made in the relationship. Are the dynamics of your friendship consistent with those identified by researchers as discussed in this chapter?

Question 3. Write about typical topics of conversations for each stage in the evolution of friendships. How do the topics change as friendships experience difficult times or deteriorate?
Chapter 11: Committed Romantic Relationships

Question: Because many of you have incorporated current or past relationships into your previous chapter comments, you may pick ANY topic in this chapter and write your feelings about it. If you'd rather not write about a personal experience, talk about your parents' or guardians' relationships or your observance of a friend's intimate relationship. You have complete poetic license.

Some interesting concepts include primary and secondary styles of love, growth and deterioration stages of relationships, navigating, and the *Communication in Everyday Life* boxes. Be sure to follow standard Chapter Comment Guidelines, using terms from the text to support your personal experiences. Have fun!

Chapter 12: Communication in Families

Question: Families are extremely important in developing our communication skills. What kind of interaction does your family have? How does that affect the way you interact with others?