Self Improvement Project

Name of Student

Name of School

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For the self-improvement, I had been keeping a close record of my conversations with my best friend. As we are best friends so the communication that we have is fairly much, however, it was very interesting and inspiring to pay attention to what we actually commuted about and how. One of my conversations was a mediated one through the mobile phone. During this conversation, we discussed one of the volunteer works which we could start together over the summer holidays. As I started to discuss the necessity of working for a foster home, my friend had another idea about working for a recycling company. With differing opinions, we both got into an argument, and at first, I did not listen to her due to my temper issues but then I remembered the importance of communication, and how listening was also very important. Thus giving her a chance to air her voice, I was thoroughly convinced. And we decided that we could start the volunteer work together. Before the conversation, I felt very dominating and like a person who believed that he was always right. However, after my telephonic conversation, I felt much relaxed and more open to alternate views.

The second conversation we had was a nonverbal one in one of our friend's gatherings. We both exchanged some glances and hand gestures and made fun of one of our friends and planned to play a trick on him without him noticing. This conversation was extremely fun and made me realize the importance of paying close attention to people as there are hidden meanings even in eye signals. Communication changes depending on the channel we utilize, for instance, the telephonic conversation was more relaxed whereas the non-verbal one was much tricky. I felt more at ease using the telephonic one and would prefer it more in the future as it lets you express yourself more accurately.