Unit VII Essay

Author

Institutional Affiliations

Author’s Note

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Public speaking skills are an important part of personal and career life. Good communication skills are an inclusive characteristic that distinguishes individuals from others. Technology has been booming and brought about significant changes in the field of communication. It has brought together the whole world and improved the transfer of information all over the world within no time. Technology has improved the patterns of communication and made the task easier for both the receiver as well as the sender. Individuals with social anxieties find it hard to communicate and deliver their messages to others. While technology has made it possible for such people to communicate with anyone without having to face the other person (Álvarez-Bermejo, Belmonte-Ureña, & Estrella-Ramón, 2016). It has also brought more confidence among people so that they can be heard and seen even in distant places. Technology has provided a means for improving social learning, social design and professionalism, and evaluation of communication gaps (Sanden & Vries, 2016).

Technology has brought more difficulty in listening to people around, as it is a source of greater distraction. People are extremely indulged in using their gadgets and doing their tasks on their digital devices that it becomes hard for them to focus on what happens around them. It has become very common that people often ignore important messages, announcements, and notices, as they are unable to multitask. The human brain can only handle so much, and the more pressure we put on it, it releases the stress hormone cortisol. Our brains have become addicted to receiving multiple stimuli simultaneously making it hard to focus on one thing at a time (Bormann, 2018). It leads people to depression and anxiety and it becomes even more difficult for them to be good listeners.

Technology has several advantages especially in improving communication in daily life. However, it comes with certain barriers as well in some cases. There is only one incident in my life where I felt it has made my communication extremely ineffective. It was the time when I was applying for an internship project at a very renowned organization in another state. I had to give an interview and present my project plan over a telephone and video conference. I had prepared well and had been working on it all summers. However, at the time of the presentation, there were certain ambiguities in my plan that I was unable to explain to the supervisor. I had it drawn out the layout and sent it to them, but they were unable to apprehend it and I could find no means to make them understand it. I asked for a week to further work on it but unfortunately, I could not explain it to them over the video conference and I lost the chance to avail that internship. It was that moment when I realized that digital communication has its flaws and it can make some very important communications extremely ineffective.

My advice to anyone struggling from communication barriers due to technology is to understand the extent to which it can comply with official and personal communications. People need to understand that there are limitations to it and it can only be overcome either by innovative programs or by finding out flaws in oneself. Many online programs provide education about using technology in the right order to make communications effective. People struggling with such issues should take those programs. They should focus on improving their interpersonal communication skills and bring confidence so that they can make use of technology in making their tasks easier and effective. They should also be able to bring clarity in their thoughts and understand the need of their audience. The tone, language, and style of communicating is also a very important factor in removing any barriers from digital communication (Natale & Lubniewski, 2018).

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