**Journal Assignment #1**

Describe a recent interpersonal communication exchange that was not effective in achieving its intended goal. Remember, an interpersonal relationship involves someone you care about that you may have known for some time. For the purpose of this assignment, an example of someone you would have an interpersonal exchange with is an adult family member, friend, or significant other. Your recent drive-thru experiences, or an interaction with a sales client, are not examples of interpersonal communication.

Identify three personal communication goals for improving your interpersonal relationships. Examples of goals would be to “think before I speak” or “I will deal with an argument face to face versus through electronic media.” Your goals need to relate to your recent interpersonal communication exchange.

Your journal must follow APA guidelines and include:

* A title page, and
* Topic headings in the content.

Refer to Learning Outcome 4 for further details about APA.

**Mark Allocation**

**“What?”**

**2 marks** What went wrong?

**2 marks** What was the context and how did it affect the exchange?

**2 marks** Identify the barriers to communication that existed, e.g., internal/external noise, encoding/decoding difficulties.

**“So What?”**

**2 marks** How were you affected by the exchange? (This must be reflective. Several sentences on how it affected you emotionally and physically.)

**2 marks** How was the other person affected by the exchange?

**“Now What?”**

**3 marks** Reflect on what you have learned from this exchange. What might you do differently in the future when faced with a similar situation?

**3 marks** List your 3 personal communication goals for improving your interpersonal relationships. Note: These goals will be needed to complete the required Journal Assignment #2.

**2 marks**  One mark each for the title page and appropriate use of headings in the text per APA guidelines.

**Total marks /18 Course mark /10 %**