

Wanjiru Waweru

Professor Johnson

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### **Individual Improvement Project III**

What is the Evaluation?

Evaluation is the progression that judges and testifies a program. It collects and analyzes the information based on a person's activities and their characteristics to reflect their weakness and how the person overcomes it. The role of the evaluation is to create a good sense of knowledge to adjust their effectiveness and be able to make decisions.

How does a person evaluate interpersonal communication skills?

A person evaluates interpersonal skills in a self-positive manner. They need to be consistent in their social interactions strategies and explain concepts with their co-workers. They should maintain a self-motivation attitude to communicate with others. They embrace their listening skills to observe what is of priority to people. They understand how they treat others' opinions and beliefs, especially when they are not on their side or they do not support you.

What is your evaluation of your Interpersonal Communication behavior?

My evaluation of my interpersonal communication behavior. It has been a huge improvement. I followed these five-step plans to change my negative habits to avoid the fallacy of perfection to boost my self-confidence to develop a healthier relationship within myself.

I learned how to embrace self-acceptance. I understand that how life could take me through ups and downs, not always going come to my way or not something that I aimed for. I always asked for help from others to guide me to reach my goals to avoid doing things independently in case I struggle.

I developed a positive mindset to collect evidence where I made a list which I love and enjoy participating in the list of 10 things or words that best describe me to help to remove the negativity.

I exercised to stay physically active with my daily workout routine and my job where I do a lot of grocery shopping to take my self-esteem to the next level. I started my weight loss journey in April 2020 which happened during COVID-19 lockdown to not to look like a movie star but to change my old habits to live a better lifestyle.

I used fitness and health as my autism's secret weapon to find a voice and develop good critical thinking skills to keep myself occupied. I practiced how to take care of myself through mindful eating, and good sleeping patterns. These techniques helped me and I use them for the rest of my life as I found them as my happiness.

Every day is a new learning experience. I learned to try new things with an open mind to increase my self-confidence. I challenged myself the hard way instead of playing it safe. I observed that life is based on taking risks where it is a journey to travel to reach my potential. I found new skills through writing, music, and cooking.

## Conclusion

Evaluation guides people to create a good sense of judgment on a person's interpersonal communication behavior to overcome their weaknesses to improve their social performance. I evaluate my negative habits as a positive movement to expand an open mind to make big things in my life.

## Works Cited

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