

Paper for Intra/Inter Personal Processes

Public & Private Selves- Discussion Paper 1 (50 points)

This paper will provide you an opportunity to explore and define your public and private selves. You may be asked to discuss this paper in class. This discussion paper will be **2-4 pages** in length and **does not** require citation or references. All citations and references provided are to follow **APA format**.

Identify your public and private selves. Explain the following in detail including your thinking, and behavioral expressions of each of the following selves:

- a. Your public self
- b. Your private self
- c. Explain what you might want to change or improve, some aspect of either your public or private self and explain why. Be specific and detailed.

Nonverbal Communication Style & Emotional Regulation – Discussion Paper 2 (100 points)

This paper will explore your nonverbal communication style. You will also explore emotional regulation. You may be asked to discuss this paper in class. You will provide citations and references for terms and processes described in **APA format**. You will also provide specific personal examples of how you will demonstrate effective nonverbal communication and emotional regulation. **This paper will be 4-6 pages**, not including the cover page and reference page.

1. Identify how you use nonverbal communication. Explain:
 - a. How nonverbal communication is relational. Provide at least two examples.
 - b. How clothing communicates messages. Provide at least two examples.
2. Explain the importance of silence. Provide at least 3 examples of how silences can be used effectively and provide at least 3 examples of how silence may interfere with communication.
3. Explain emotional regulation. Provide the following:
 - a. Define in your own words emotional regulation and explain why it is important. Be detailed and specific!
 - b. Explain the difference between feeling and behaving/acting. Provide at least 3 examples of each.
 - c. Identify at least three detailed examples of how emotional regulation would benefit you in your career.

Your Effective Communication Strategies Paper 3 (100 points)

Write a paper explaining effective communication. This paper is to be written first as though you are educating someone about intra/interpersonal communication and second to include your own effective communication strategies.

You will use at least three sources for this paper. All citations and references are to follow **APA** format. One source may be your book. No websites may be used, only authored books or articles. The paper will be 5-7 pages. The cover page and reference page do not count in the 5-7 pages.

Address the following in your paper:

1. Write a paper describing your communication process. This will examine how you will use *verbal* and *nonverbal* communication strategies. Provide specific examples.
2. Explain in detail how you will demonstrate *emotional regulation*. Provide specific examples.
3. Explain in detail how you will demonstrate and engage in *conflict management*. Provide specific examples.
4. Provide citations to support your strategies described above. For example, if you intend to use *time-outs* or *thinking before you speak*, cite research that supports that it is effective.
5. Identify your *strengths and weaknesses* in regards to intrapersonal and interpersonal communication.
6. List at least three *intervention or remedial strategies* to address your communication weaknesses.