**Communication Notebook**

This is the form you will use to record all of your weekly exercise notes. In weeks 1, 2, 4 and 5 you will update this document with the new exercise you complete. You only have to answer three questions, through week 4. Then, in week 5, you will be required to complete questions two for each week’s exercise. You will be required to use Bevan, one course reading from the required or recommended list, and TWO course videos. See the resources box for the week 5 paper instructions for a list of videos, but you can use any from class. They should all be listed in a reference list at the end of this document and they should all comply with APA style guidelines.

Week 1: Channels of Communication

Step 1 - Describe the findings. (100 to 150 words) – **Only this part is due at the end of week 1**

1. How much time did each exchange take (roughly)? (1 to 2 sentences)
2. How well were the questions answered via phone or video chat? (1 to 2 sentences)
3. How well were the questions answered via email, messenger, or phone texting? (1 to 2 sentences)
4. How close did you feel to the person in the phone or video chat exchange? (1 to 2 sentences)
5. How close did you feel to the person in email, messenger, or phone texting exchange? (1 to 2 sentences)
6. Which interaction was most satisfying and why? (1 to 2 sentences)

Step 2 - Apply what you have learned during this class, especially the basic principles of effective communication, ideas of the self, or culture, to your exercise results, citing at least two course resources to support you and one can be a video. (This must be 200 to 250 words.) **Due week 5.**

Week 2: Please list your exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Step 1 - Describe the findings. (100 to 150 words) – **Due week 2**

Step 2 - Apply what you have learned during this class, especially the basic principles of effective communication, ideas of the self, or culture, to your exercise results, using and citing at least two course resources to support you and one can be a video. (This must be 200 to 250 words.) **Due week 5.**

Week 4:

Please list your exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Step 1 - Describe the findings. (100 to 150 words) – **Due week 4**

Step 2 - Apply what you have learned during this class, especially the basic principles of effective communication, ideas of the self, or culture, to your exercise results, using and citing at least two course resources to support you and one can be a video. (This must be 200 to 250 words.) **Due week 5.**

Week 5:

Please list your exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Step 1 - Describe the findings. (100 to 150 words) – **Due week 5**

Step 2 - Apply what you have learned during this class, especially the basic principles of effective communication, ideas of the self, or culture, to your exercise results, using and citing at least two course resources to support you and one can be a video. (This must be 200 to 250 words.) **Due week 5.**