COMM120 Review Activity 1

# CH3 Communication and the Self

# “Self-Concept and Self-Esteem”

**Instructions**

Review pp. 70-72 to prepare for this assignment.

* Who you are greatly influences how you communicate.
* Fill out the worksheet to consider how your personal experiences and expectations shape who you are.

List five words that describe you:

Write a full sentence that describes your personality and/or character.

What do you like to do?

What do you most want to accomplish in life?

What are most proud of so far?

Then Consider (write a brief paragraph here to summarize).

What does this activity suggest about the distinction between self-concept and self-esteem?