**Assignment Title:** Reflective Journal

**Rationale**  
Self-reflection is a purposeful activity in which you exercise multiple skills, such as critical thinking, personal responsibility, adaptability, and more. When you debrief an experience, you reflect on everything including the process, the choices and discoveries you make, and the problems you encounter. The purpose of the self-reflection question below is to inspire you to think about your learning journey. For example, how has this knowledge made you better? How can you apply your new knowledge to other areas of your studies? What is its significance in the real world?

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| **REFLECTIVE JOURNAL** |
| Human communication is complex, contextual (or situated), continuous, and irreversible. Write a short paragraph (75-100 words) on each of the following questions:   1. Reflect on these characteristics, giving specific examples to demonstrate how they make a difference in one’s daily life. 2. Have you thought about these issues before? Have you faced specific experiences that made you rethink human communication? 3. How important is it to take these characteristics into consideration, if you aim to make improvements in your personal and professional relationships? 4. Reflect on the gap between theory and practice. Explain what it takes to be able to put this knowledge about communication into practice. |

Tasks:

* Write clear, concise paragraphs. Each paragraph should be between 75-100 words.
* Be specific
* Size 12 and leave space 1.5
* Each question aware **Content:** The template is accurately used as provided. Question fully answered, with relevant information, minimal repetitions, and proofread. Gradual awareness of the course’s theory. Use of terminology.