

## **Listening**

For my conversation, I engaged in a conversation with my friend Macy Kate at Cups. Usually when we hang out, we will sit and do homework or study while having a conversation. The conversation usually is spread out and not very deep. For the assignment, we were tasked with eliminating distractions and not interrupting one another.

In order to eliminate distractions, I did not pull my computer out and we sat in a side room with limited seating. It allowed us to be more alone. This was impactful for me because I have ADHD and often zone into other people's conversations. Once she realized that I wasn't pulling out my computer, she closed her computer which she had already pulled out. This showed high communication competency on her side.

The conversation proved to be different than usual. Often we have one lined conversations, meaning that I might make a single statement then silence for a while then she will make a statement on her side. This conversation was a continuous flow of messages. The conversation was deeper in meaning as we could ask questions and not rely on a singular statement.

I did find myself preparing questions while my friend, Macy Kate, was still speaking so I had to focus my attention back on her.

She told me a few days after the conversation that she felt really good about the conversation and she was thankful for it because she had gotten a chance to discuss things that she didn't know were even on her mind. The conversation was meaningful to both of us.

Overall, this experience has impacted the way I will be conducting conversations with the people around me and the way I listen to them. By removing distractions and engaging in active listening, I genuinely felt cared for by Macy Kate and she felt the same way.

## **Elevator Pitch**

To begin, this was not my first time writing and performing my elevator pitch. I actually had to create one for a marketing class, Personal Selling. The elevator pitch for this class proved to be much easier to create because I had the previous experience. I pulled that one and tweaked it as it had been about a year since creating it.

I obviously started with my name and my hometown. Then I mentioned my major here at Mississippi College. I discussed one past employer and a current leadership position I am in. I began with how I have worked at Pinecove Camps for 4 summers in camp ministry then my leadership positions within Pinelake Church. I discussed this to aid in my career goals and how the experience will help me to achieve my goals. My goal is to work in ministry, either camp or vocational, and these two experiences have given me valuable experience that would be impressive in ministry.

Through the recording process, I did have to re-record my video a second time simply because I stumbled over a few words. If I had cleaner enunciation, I think my first take of the video would have sufficed and been great. I think the biggest challenge is condensing the information you want to say while also not speaking too fast.

In between last year's pitch and this one, I wanted to improve on my vocabulary and the intentionality of it. By this, I mean I wanted to reduce my filler words and use sophisticated vocabulary, such as "employer" instead of "boss." I also wanted to improve on discussion of past achievements and how that plays a role in my goals. Last year, the information sounded like two different thoughts instead of one cohesive cause and effect. I believe I did a better job of blending the two.

## **Creating New Relationships**

For this project, I had a conversation with a boy in a few of my marketing classes named Carlos. Carlos is actually from Columbia and plays on the tennis team here. We discussed his family, his transition to the states, and his perception of people's view of him. The conversation flowed quite nicely and he was really appreciative at the end of someone sitting down to understand him.

A big part of the relationship development can be understood through the Attraction Theory - something that drew us to seek out a conversation. For me, it was definitely a social attraction as Carlos is always the life of the party in class. He constantly makes jokes and holds conversations with the professor. After this positive experience in class, I did want to be his friend. Proximity also played a part in choosing him to help with this assignment because we sat near each other for an hour three times a week. It was a consistent time when I knew that he would be there.

I did go into the conversation with cognitive uncertainty, but this cannot easily be solved without a conversation with one another. Carlos was extremely open to discussing his beliefs and his culture which helped with the uncertainty on my side. All 3 stages were met during the reduction. We did not discuss having another conversation but I would love to continue the friendship. I want to continue the friendship because we do have class together the rest of the year but also his culture is simply fun to learn about.

Before the conversation, I was definitely nervous to talk to him because I did not want to unintentionally hurt him but after passively watching him, I felt comfortable to interact with him face- to- face. Overall, I did enjoy this conversation and I am sure that the friendship will continue.

Elevator Pitch:

<https://drive.google.com/file/d/11knCcVYidHD2NCEq-AE0W53TsCrSWCKi/view?usp=sharing>