

Week 5: Discussion

In conversations with friends, I learned that their first impressions of me varied. Some thought I was quiet and reserved, while others found me easy-going and bubbly. Overall, they thought I was friendly, which did not surprise me because while I try to be polite, it takes me a while to open up to people because I like to observe people and decide whom I might click with. Regarding my facial expressions, they mentioned that when I believe no one is looking, my face might appear lost in thought and slightly stern or rude. While this feedback was not unexpected, it was not pleasant either. I attributed this stern expression to growing up in a big city where appearing unapproachable was necessary for safety reasons.

When asked if they would approach me if they did not know me, about 90% said yes because they found me friendly and approachable. However, the remaining 10% said they might hesitate initially due to my reserved demeanour. I understand the view of 10% because people tend to see happy people as being approachable (Ueda & Yoshikawa, 2022). Asking these questions and listening to the answers was not difficult for me.; while it required some vulnerability, I take pride in being nice.

The feedback provided valuable insights, particularly regarding my nonverbal cues. I understand first-hand how nonverbal cues can unintentionally reveal things about oneself to others (Hull, 2023). As an introvert, I doubt I could fully eradicate my reserved personality, but I can at least learn to adapt to the environment around me. With this in mind, I could be more mindful of my facial expressions to avoid appearing stern or rude and project approachability through smiling and open body language. I also need to project more confidence by initiating conversations and being receptive to interaction instead of simply remaining in my corner. I believe being humble and receptive to feedback will help me continually refine my professional demeanour.

References

- Ueda, Y., & Yoshikawa, S. (2022). The effects of facial expressions on judgments of others when observing two-person confrontation scenes from a third person perspective. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.856336>
- Hull, R. H. (2023). Nonverbal communication's influence in professional practice. *The Hearing Journal*, 76(02). <https://doi.org/10.1097/01.hj.0000919800.42353.57>