

## CMNS 101 Exam 1 Cheat Sheet by tamar1493 via cheatography.com/200741/cs/42408/

| Terms  |   |
|--|---|
| Communication                                    | the process of creating meaning through symbolic interaction  |
| Symbols  | represent people, things, ideas, and events   |
| Linear communication                             | Sender encodes a message that is conveyed to a receiver, who decodes it   |
| noise  | any force that interferes with the accurate reception of the message (external, physiological, psychological)   |
| Channel  | method a message is conveyed between people   |
| Media  | intervening mechanisms  |
| environments                                     | fields of experience that influence how they interpret others' behavior   |
| Transactional communication                      | people send a receive messages simultaneously   |
| feedback   | communicator's response to another's message  |
| Intrapersonal communication                      | communicating with oneself (inner voice)  |
| dyadic communication/interpersonal communication | two people interacting (in person or through mediated channels)   |
| Small group communication                        | each person can participate actively with other members   |
| organized communication                          | larger collections of people work collectively to achieve goals   |
| Public communication                             | Unequal amount of speaking among the members  |
| Mass communication                               | messages transmitted to large, widespread audiences (via electronic or print media)                             |
| communication competence                         | achieving one's goals in a manner that, ideally, maintains or enhances the relationship in which it occurs      |
| Cognitive complexity                             | ability to understand issues from a variety of perspectives   |
| self monitoring                                  | paying close attention to one's own behavior and using these observations to make effective choices.            |
| Self concept                                     | a set of largely stable perceptions individuals have of themselves  |
| self esteem                                      | evaluation of self worth  |
| personality                                      | characteristic ways you think and behave across a variety of situations   |
| reflected appraisal                              | the influence of others on one's self concept   |
| social comparison                                | evaluating yourself in comparison to others   |
| self fulfilling prophecy                         | occurs when a person's expectation of an outcome and subsequent behavior makes the outcome more likely to occur |



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| Terms (cont)           |   |
|------------------------|---|
| Perception             | the way people regard others and the world around them  |
| selection              | paying attention to some stimuli while ignoring others  |
| organization           | arranging information to make meaning of it   |
| Interpretation         | making the information make sense   |
| stereotypes            | oversimplified or inaccurate ideas tied to social categorization  |
| sex                    | biological category   |
| gender                 | a socially constructed set of expectations  |
| gender matrix          | recognizes gender as a multidimensional collection of qualities   |
| implicit bias          | unconsciously held associations about a social group  |
| narratives             | stories people create to make sense of the world  |
| attribution            | the process of attaching meaning to behavior  |
| Self serving bias      | When others suffer- blame their personal qualities. When we suffer-find explanations outside of ourselves |
| Negativity bias        | focus more on negative impressions than on positive ones  |
| Horns effect           | perceiving others in an unfairly negative light on the basis of a single negative trait or experience     |
| Empathy                | the ability to imagine another person's perspective   |
| Sympathy               | compassion for another's predicament  |
| Perception checking    | structure way to boost understanding and empathy and minimize defensiveness and show respect              |
| Emotional intelligence | the ability to understand and manage your own emotions and deal effectively with the emotions of others   |
| Identity management    | communication strategies meant to influence how others view us  |
| perceved self          | reflection of self concept (not public self)  |
| Presenting self        | public image- way you want to appear to others  |
| face                   | presenting self   |
| facework               | verbal and nonverbal ways people maintain their own presenting image and image of others                  |
| frame stitching        | adopting different perspectives based on the cultures and situations in which you find yourself           |
| scripts                | habitual behaviors people have developed overtime   |
|                        |   |



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| Terms (cont)             |   |
|--------------------------|---|
| high self monitors       | pay close attention to their own behavior and to others' reactions, adjusting thei communication to create the desired impression |
| low self monitors        | express what they are thinking and feeling without much attention to the impression their behavior creates                        |
| Jargon                   | Specialized vocabulary that functions as a linguistic shorthand for ppl with common backgrounds                                   |
| Euphemism                | a mild or indirect term substituted for a more direct but potentially less pleasant one   |
| Overly Abstract language | speech that refers to events or objects only vaguely  |
| Behavioral descriptions  | 1. Who is involved 2. in what circumstances does the behavior occur 3. What behaviors are involved                                |



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