Self-Assessment

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| **Self-Assessment Title** | Self-Assessment 5.1 |
| **Descriptive Title** | What Do You Know About Nonverbal Messaging? |
| **Short Title** | SA 5.1 |
| **Activity Introduction and Description**This activity is adapted from the Test of Nonverbal Cue Knowledge developed by Janella Rosip and Judith Hall which was predictive of competence at reading nonverbal cues.[[1]](#endnote-1) | **Purpose**1. To identify your ability to read nonverbal cues.**Directions**1. For each of the following statements, indicate whether you think the answer is True or False. |

Before, taking the quiz, predict the grade (from 0 to 100) you will receive on it. \_\_\_\_\_\_

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| STATEMENT | I THINK THIS STATEMENT IS TRUE | I THINK THIS STATEMENT IS FALSE |
| 1.Widening your eyelids when speaking emphasizes your words. |  |  |
| 2.With a high degree of accuracy most of us are able to recognize a speaker’s identity without seeing them because every voice is unique. |  |  |
| 3.We are likely to keep greater interaction distance with someone with whom we are unfamiliar than with someone whom we know. |  |  |
| 4.The size of one’s pupils influences interpersonal attraction. |  |  |
| 5.Nodding your head rapidly signals the desire for the speaker to finish quickly. |  |  |
| 6.We touch ourselves more when telling the truth than we do when lying. |  |  |
| 7.Blinking suggests physiological arousal. |  |  |
| 8.Men, more than women, pay attention to nonverbal cues they can see when compared with those conveyed by the voice. |  |  |
| 9.Where you sit in class does not influence your participation. |  |  |
| 10.Most observers can tell whether another person’s facial expressions are genuine or forced. |  |  |
| 11.When we become socially anxious, we tend to gaze more at the other person during interaction. |  |  |
| 12.When feeling stressed we lower our pitch. |  |  |
| 13.When we become angry, speech rate slows. |  |  |
| 14.A person’s eyes reveal amusement or enjoyment. |  |  |
| 15.It is possible to estimate another person’s age based on the sound of the person’s voice. |  |  |
| 16.Men are better than women at reading facial cues. |  |  |
| 17.When angry, most people don’t lower their brows. |  |  |
| 18.Interpersonal attraction is not correlated with how close we stand to one another. |  |  |
| 19.Persons who dominate in conversations gaze more when speaking than when listening compared with persons who are less dominant. |  |  |
| 20.We are likely to approach high-and-low-status others more closely than we approach those whose status we perceive to be equal to our own. |  |  |

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| **Scoring Method** | **Score Interpretation** |
| Give yourself 5 points for every correct answer.1. T; 2. T; 3. T; 4. T; 5. T; 6. F; 7. T; 8. F; 9. T; 10. T; 11. F; 12. F; 13. F; 14. T; 15. T; 16. F; 17. F; 18. F; 19. T; 20. F. | Was your grade expectation confirmed?What does your score suggest about your nonverbal skillfulness?How effective are you at reading nonverbal cues? Did the answers to any questions surprise you?No matter how you performed on the test, there is still much to learn! |

# Note

1. Janelle Rosip and Judith Hall, “Test of Nonverbal Cue Knowledge (TONCK),” *Journal of Nonverbal Behavior* 28:4, December 2004, 267-286. [↑](#endnote-ref-1)