

COMMUNICATION APPREHENSION (CA)

Now that you have calculated the score for the PRCA-24, use the following guide to interpret your scores.

Individual Scores:	6-----12-----18-----24-----30
	Low Average High
	Anxiety Anxiety Anxiety
Total Score:	24-----40-----60-----80-----100-----120
	Extremely Average Extremely
	Low CA CA High CA

Reflect upon your scores. Are there any surprises? In the space below, comment on your current and past experiences with communicating in public situations. Are you nervous in certain situations? Did you feel/Do you feel anxiety regarding our first presentations (“moral of the story”)? What did/do you do to try alleviating the anxiety? Submit at the end of the period.