

Respect is a funny thing. You are normally taught that respect is treating people the way you would want to be treated, but what does that look like? Sometimes individuals do not even know how they should be treated. You find that what someone people consider respectful is not the same standard and expectation as the next person.

Asked to identify five things I consider respectful and disrespectful was easy for me because on a regular day to day basis it crosses my mind, whether I am dealing with a person personally or even something I notice others doing.

One example of individuals lack of respect that I noticed is normally eye contact for me. It is different in different parts of the world, but here we consider rude when you do not look at someone when they are talking to you. It makes me feel like you do not care and are not listening. Because of that I always make it a thing to intentionally look people in their eyes out of respect. I want to know I am listening and giving you my undivided attention. That goes back to what I said earlier about treating people the way they want to be treated. If its respectful for someone to do to me, then I consider it respectful to do to another.

Five different things of respect in my book while observing was eye contact and manners/being polite. I know that seems as if it is only two things so let me break it down. I already explained eye contact. It is the same thing but the opposite meaning eye contact was being given out of respect not lack of respect. Let us go to manners/being polite. Manners and being polite are in my opinion a type of respect. We use our manners and are polite as a way of respecting others. The second thing I saw was people hold the door for one another. If I hold the door for you it is me being polite, out of respect for you and knowing you are about to come in the same door behind me. The second thing is when they used their manners to say “thank you”, it is out of respect for you and your holding the door. The third thing was the attentiveness in one

my classes when one the groups were giving their presentation. People were not on their phones, they were looking forward, listened, and participated. That was so respectful of them because it can already be stressful and nerve wrecking to speak in front of an audience and showing they presenters that respect is can be very helpful. The fourth thing is the cars that yield pedestrians when I cross the crosswalks that connect the campus. With it being so cold I really appreciate the consideration and respect for us folk who are walking versus them being in a vehicle with heat. Last thing is myself. I get calls and texts frequently from a specific leader in my life. It took me a while before recognizing that certain individuals because of the place in your life deserve an extra amount of respect. When they called me, even though I was not in the mood to be on the phone I show respect and engage in the conversation accordingly.

Respect is very important in your personal life and even in the field as a professional. It can be a one-way trip to having someone on your good side or offending a client. Regardless we should recognize that the saying “give respect to get it” is a myth. We respect others because it is right. I enjoy it and have natural wanting to be respected, therefor I know my client deserves the same. Even if they do not know the respect they as a person deserve. Who knows...you could be that first person to show them.