



Tip of the week!

HOW TO MEET NEW PEOPLE

For many students, meeting new people can feel awkward and we often avoid getting to know new classmates or making new friendships.

Do I make eye contact? What do I say? Am I talking too much? Not enough? Am I boring? Am I a good listener? Ugh! Are they going to like me? It can be a mess! All of our worst social fears can come out in that one moment.

But there's an easy way to get around this by using and practicing three simple skills that help build a new friendship!

1. Ask Questions

Yes, just by asking simple questions you give the feeling that YOU want to "get to know" the other person. Start with easy ones like: Do you like pizza? Do you have a pet? Do you like the Yankees?

2. Listen to their Answers

Show you are listening by making eye contact. But try not to stare too long, it's okay to look away now and then. Listening also requires being patient in order to let them finish talking before you talk again. It shows that we care about what they are saying.

3. Ask Follow-Up Questions

This is really important. When You ask more questions about what they are saying, it shows the other person that you are a friendly person who is interested in them. It also gives the impression that you are a likeable person. Remember: you ARE a likeable person already, but you may just be feeling nervous about how to talk with new people.

So even if we feel nervous about our ability to communicate and ask questions, or how to listen, remember lots of students feel the same way. It takes courage and a willingness to risk just trying it, even if we make mistakes. What do your parents and teachers say all the time? Practice... Practice ...Practice... **It will get easier.**