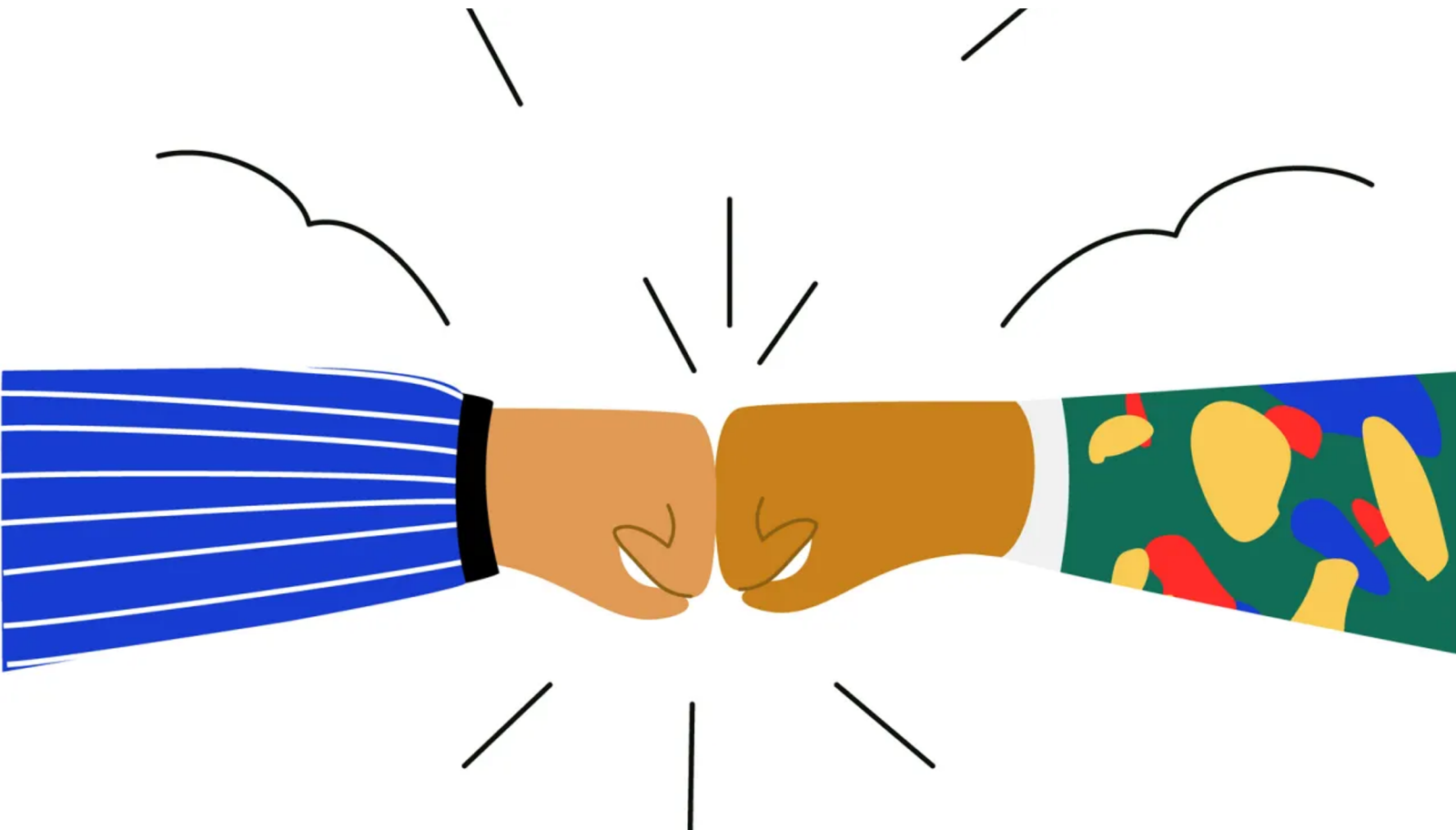

Social Skills



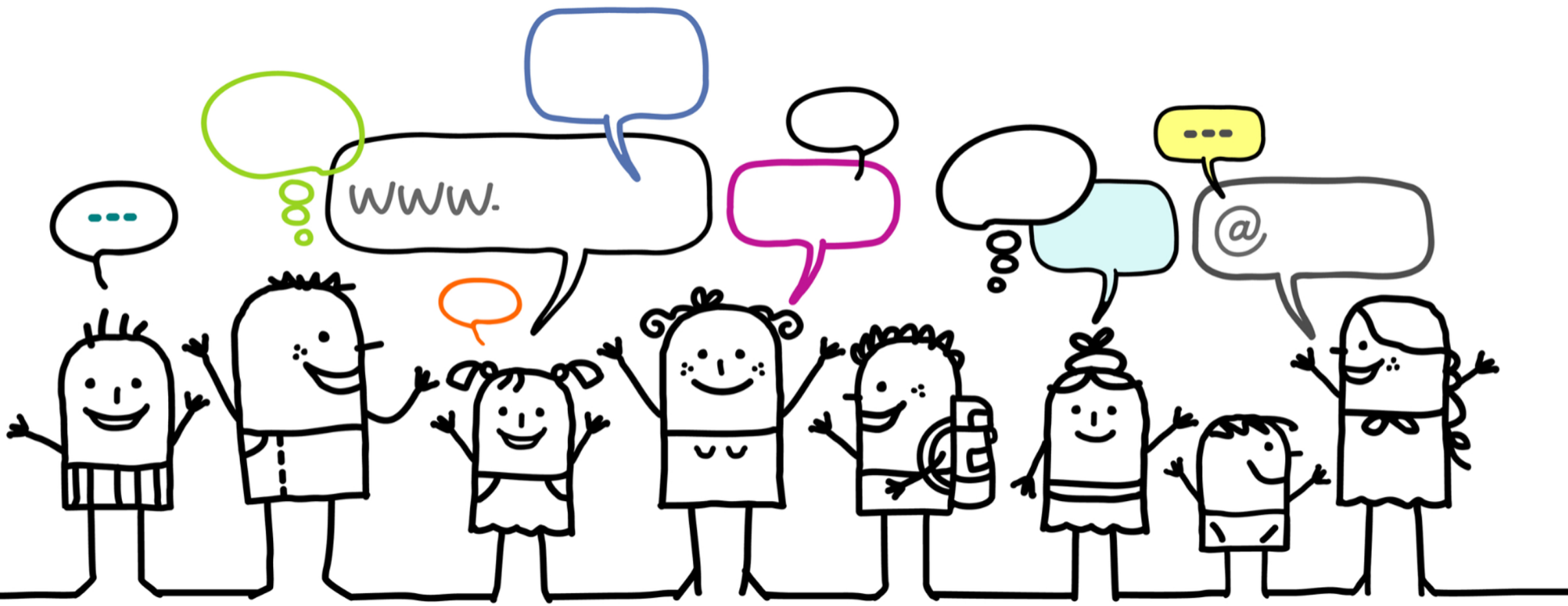
Socialization

A social skill is any competence facilitating interaction and communication with others where social rules and relations are created, communicated, and changed in verbal and nonverbal ways. The process of learning these skills is called socialization. Lack of such skills can cause social awkwardness.

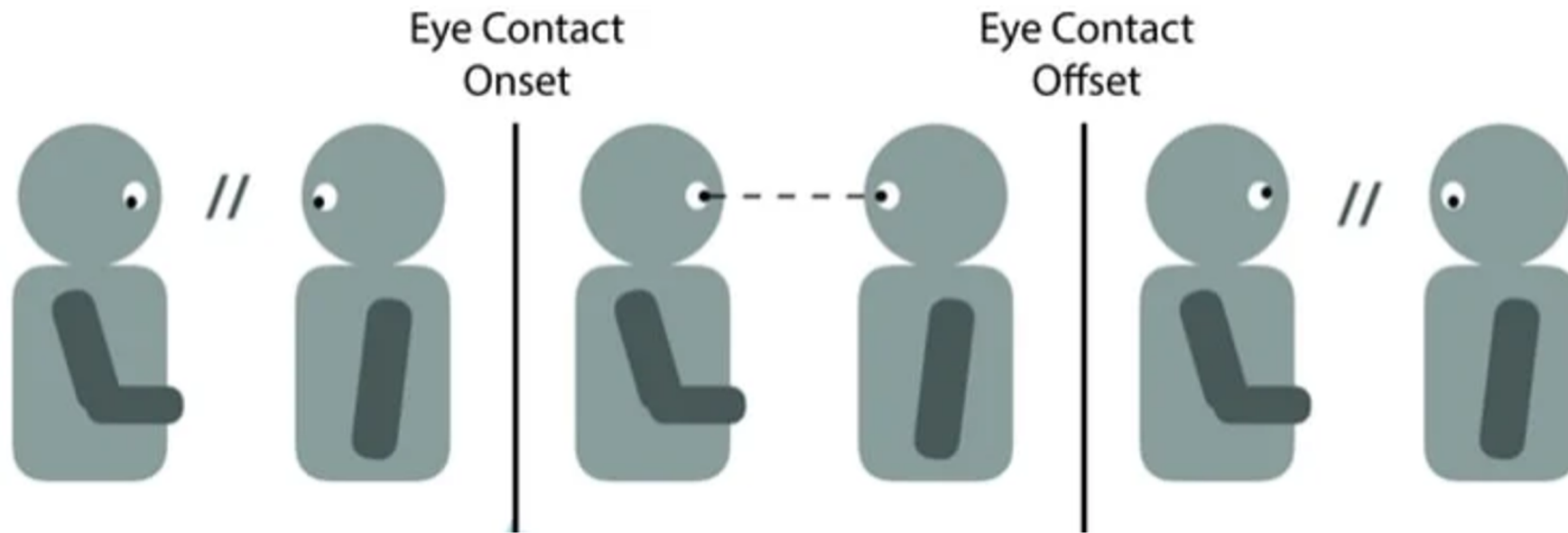


What should we know about socialization

The increase in dependency on virtual world and



Eye contact



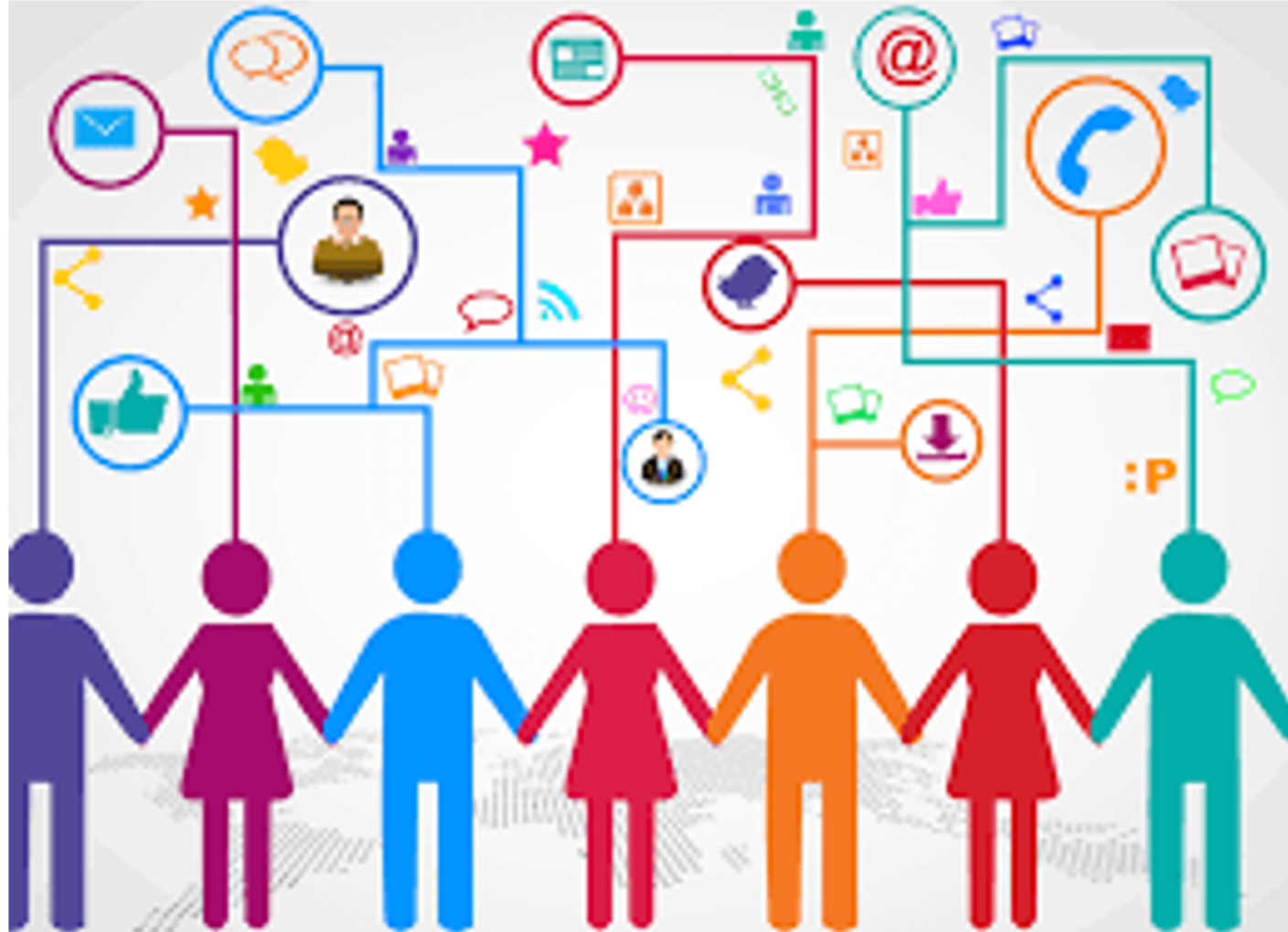
Attention span



Spatial Awareness and Dangerous Distraction



Conversation



Activity

Social Skills Bingo for Teens

Strengths	Put-ter Off-ers	Communication	Getting Along	Social Interests
Interpreting Social Cues	Poor Sport	Look at People When Talking	Respecting Personal Space	Sports
Pays Attention	Standoffish	Regulate Voice	Giving and Receiving Compliments	Dating
Respond, Not React	Acting Bored	FREE SPACE	Setting Boundaries	Hanging Out with Friends
Social Awareness	Sulking	Open-Ended Questions	Sharing	Traveling
Trusting	Fault Finding	Be Real	Showing Interest in Others	Volunteering



Elements of social skills

- The language you use
- The tone, pitch and volume of your voice
- Physical gestures you make
- Your facial expressions
- Your body language
- Eye contact with others when communicating



Why are Social skills so important

- Allow you to effectively work as a team on projects
- Let you share your own perspective in an effective manner
- Help you expand your professional network and stay updated on new opportunities
- Make the workplace more enjoyable
- Let you gain valuable feedback and referrals from those who can attest to your abilities
- Enable you to successfully communicate with employers, coworkers and clients



Tips for Improving social Skills

- **Ask for feedback.**
- **Pick up a personal development book.**
- **Choose one social skill to focus on improving.**



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IMPROVE SOCIAL SKILLS

- Listen to people
- Be interested in people's stories
- Perform better in 1-on-1 conversations or in a large crowd
- Don't be too negative or ironic and don't complain
- Remember people's stories
- Remember people's names
- Don't fill every gap with talking
- Follow Up
- Practice maintaining eye contact
- Observe your coworkers' social skills
- Start in small ways
- Ask open-ended questions



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become the star you are

Activity

Draw a palm on a plain sheet of paper

What makes you a good friend?

Show gratitude

Keep promises.

Be kind.

Take turns & share.

Tell the truth.

Take the five finger friendship challenge.

What could you do to get better?