11 WAYS TO MAKE FRIENDS IN SCHOOL

Remember that a person's name is to that person the sweetest and most important sound in any language.

Talk in terms of the other person's interests. What do they like?

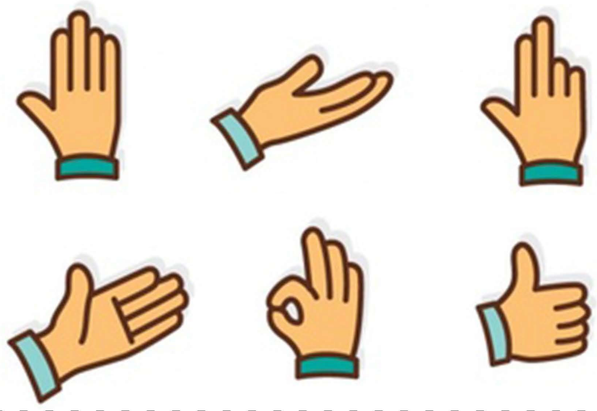
Sit with new people at lunch. This will give you a chance to engage with an entirely new group of people.

BECOME INTERESTED IN OTHER PEOPLE

When you ask questions to another person and listen They feel important. *"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."* - Dale Carnegie

PAY ATTENTION TO YOUR BODY LANGUAGE

Looking down or away, or even crossing your arms and legs can make you appear closed off and deter people from talking to you.



Get involved in school sports & hobby groups

Ask good questions

See below

Be a good listener. Encourage others to talk about themselves.

Personalise the conversation. Start moving from small talk to really getting to know them on a more personal level. Use open-ended question as opposed to "yes/no" questions. It may help to try using the 5 w's: who, what, when, where and why.

"Have you played any good video games recently?"

"Whats your favourite youtube video?"

"Whats your favourite school subject "

"Do you have any brothers, sisters or pets?"

UNPLUG FROM YOUR DEVICES

Sometimes we are so involved with technology that we are not engaged with the people around us. Your new friends could be right in front of you.

FIND COMMON GROUND

Think of things that a lot of people like and use them as conversation starters. It is also useful to try open-ended questions to learn what interests they may have.

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