

5-TECHNIQUES TO IMPROVE YOUR SOCIAL & CONVERSATIONAL SKILLS

1



Active Listening

Focus on listening fully before thinking of your response. Try to wait for a pause before you reply – this shows engagement and helps you understand better.

2



Ask Open Ended Questions

Try questions that get people talking, like "What do you think of [topic]?" or "How was your weekend?" Open-ended questions can help keep conversations going.

3



Prepare Common Topics

Make a list of conversation starters about things like classes, campus life, or hobbies. Practicing a few responses in advance can help you feel more confident.

4



Watch Body Language

Notice when people face you, nod, or smile – these cues can mean they're interested. Try to keep open body language yourself, like uncrossing your arms, to show you're open to talking.

5



Reflect on Conversations in a Journal

Writing down how conversations went can help you see what worked and what felt challenging. Use this to celebrate successes and plan for improvements.