

Relationship Skills / Creating Relationships

First Impressions

Goal: The goal of this lesson is for you to learn how to make a good first impression with others.

Making a Great First Impression

Getting Off to a Good Start

It takes just a quick glance, maybe three seconds, for someone to evaluate you when you meet for the first time. In this short time, the other person forms an opinion about you based on your appearance, your body language, your demeanor, your mannerisms, and how you are dressed.

With every new encounter, you are evaluated and yet another person's impression of you is formed. These first impressions can be nearly impossible to reverse or undo, and they often set the tone for the relationship that follows.

Key Points

You have just a few seconds to make a good first impression and it's almost impossible to change it once it's happened. So it's worth giving each new encounter your best shot.

You can do this by following these eight strategies:

1. Be on time.
2. Present yourself appropriately.
3. Be yourself.
4. Have a winning smile.
5. Be open and confident.
6. Use small talk.
7. Be positive.
8. Be courteous and attentive.

Attention-getter / Warm-ups :

1. What comes to mind when you see this picture?



Do you think we can control or influence the first impressions?

1. Watch the YouTube on first impressions with your family and then discuss the following questions: <https://www.youtube.com/watch?v=s3aR3yP4aKg>
2. What stands out to you about this clip? Which actions of his were making first impressions? Have you had an experience where your first impression of someone wasn't correct?
3. What do you think is important in order to make a good first impression?
4. Now let's look at some words that describe how we make first impressions.
5. Discuss the meaning of each of these words. (see below)
6. With your family, perform skits of examples and non-examples of 1 of the following.

Cues:

- ❖ Grooming
- ❖ Eye contact
- ❖ Handshake
- ❖ Energy level
- ❖ Tone of voice
- ❖ Comfort level
- ❖ Facial expression
- ❖ Posture