How to be Socially Successful: Maximizing Your College Life for Future Success

Presented by Tina Yang & Agnes Gonzalez
From the Counseling Center
Icebreaker
Let’s get to know each other!
1. I feel comfortable communicating in English without translating from my mother tongue in my mind.

True (Sit)

False (Stand)
2. I plan to live _____.

- Off-Campus (Sit)
- On-Campus (Stand)
3. I like my food _____.

- Spicy (Sit)
- Non-Spicy (Stand)
4. I enjoy activities _______.

Indoor (Sit)

Outdoor (Stand)
5. My social life is mainly ___.

- Online (Sit)
- In Person (Stand)
Activity

Let’s learn about social norms!
1. Have you been to the U.S. before?

- This is my first time here
- I have visited before

Are you the first person in your family/social circle to attend college in the U.S.?

- I’m the first person in my family/social circle to study in the U.S.
- A relative or friend has studied in the U.S. before
Brief discussion

What have you learned or heard that can be helpful for all to hear?

Tips

• Make new friends.
• Ask for help if needed.
• Learn about the campus resources.
• Maintain an open and positive attitude.
• Enjoy this experience and the process!
2. When do you usually arrive to a meeting?

- Early
- Right on time
- Late
Does it depend on the occasion? For example, meeting, class, party...etc.

Tips

- Be on time for classes and meetings.
- If you know you’ll be late, it is polite to notify the person.
- Do not arrive too early to respect the time of the host as well.
3. To me, “Let’s (do something)” means …

- A plan can be made in the moment
- It’s OK to follow up about the details later
- It’s a polite way to end the conversation
Brief discussion

Tips

• Don’t assume and wait around.
• Feel free to initiate the arrangement.
• Accept that no response may mean no intentions.
4. In what settings would you spend time with an opposite-sex friend?

- In a group only
- In a group or one-on-one
- None
How do you resolve difference if US cultural norm is different?

**Tips**

- **Spending time alone with an opposite-sex friend doesn’t necessarily mean romantic interest.**
- **When in doubt, feel free to clarify with the person.**
- **Be honest about your boundary.**
- **If you don’t feel comfortable engaging, you are not obligated to do so.**
5. What does dating mean to you?

• Being in a committed relationship
• “Talking” to multiple people in the same time
• It’s not an option
Tips

• Talk openly with your partner about your commitment levels.
6. What does friendship mean to you?

• Mainly having fun together
• Both fun and sharing thoughts & feelings
In addition to friends, who do you talk to?

**Tips**

- Have a list of trusted people you can reach out to when needed.
- You can also reach out to us, the Counseling Center.
- We are here for you!
Open House

Recharge to Maximize Your Performance

Specifically for New International Students

First 30 students will receive a special gift bag

The Counseling Center’s Open House

Wed. Jan. 27, 3-5pm

Learn & Enjoy:

- Light refreshments
- Massage Chairs in Relaxation Room
- Resources of the Counseling Center
- Active Cultural Exchange Group
Massage Chairs

- 4 chairs
- Sign in/sign out at front desk
- 20 minutes/use
- Multiple times a day
Relaxing Rhythms-Biofeedback

- Sign in/sign out at front desk
- Assistance for first time users
Group Experience

ACE
Active Cultural Exchange

Share and Learn About:
- Cross-cultural journey
- Social success
- Keep calm and study on
- And more...

Group for 8-10 students
Every Thursday from 3-4 PM
For only 4 weeks
Start date: Feb 11, 2016
Sign up by January 29th
Email: Agnes.Gonzalez@tamuc.edu

Group Leaders: Tina Yang & Agnes Gonzalez
Counseling Center
Halladay Student Services Bldg., Room 204
903-886-5145
Counseling Center Services

Free & Confidential!

- Individual counseling
- Couples counseling
- Group counseling
- Biofeedback
- Relaxation room
- Legal advice

We have bilingual services in Chinese & Hungarian

Halladay Bldg. 204
Wish you all a socially successful college life!

Thank you!
Any Questions?