



## Social Awareness

Social awareness is a keen understanding of other people and their emotions. Additionally, it involves using this understanding to determine your interactions with the people around you. The emotional cues that people send you will help put yourself in the other person's shoes so that you are able to empathize with them.

## Strategies

### Greet People by Name

- So much of our identities are associated with our names, so when people use our names, we feel seen and accepted. The next time you meet someone, focus on remembering their name so you can greet them in the future with it!

### Watch Body Language

- It is important to be expert readers of body language so that we can gauge how people are feeling and interact accordingly.

### Make Timing Everything

- The goal is to ask the right questions at the right time. For example, you wouldn't ask a parent for something when they are in a bad mood. When it comes to social awareness, timing is key.

### Develop a Back-pocket Question

- Sometimes conversations don't go as planned and we need a backup conversation piece. Before going into a conversation or social gatherings, try and come up with some thought provoking questions to ask to keep conversations going!

### Don't Take Notes at Meetings

- This may seem counterintuitive but taking notes can distract you from actually listening to the conversation that is happening during a meeting. Instead just focus on the meeting and be aware of the people around you.

### Plan Ahead for Social Gatherings

- We've all forgotten to bring something or regretted not doing something after we've left a party. It may seem like overkill, but if you plan for all things you need and want out of the event, you can be more present in the moment once you arrive.



### **Clear Away the Clutter**

- “To be socially aware, you must be socially present and remove distractions-especially the ones inside your head” (p. 152).

### **Live in the Moment**

- We often reflect on the past and worry about the future. However, in order to be socially aware, you need to be present in the moment and fully committed to any conversation you are a part of.

### **Go on a 15-minute Tour**

- We often are so focused on our daily tasks that we forget to stop and look around. During any day, take 15 minutes (perhaps in between classes) to observe things around you that you’ve never noticed before.

### **Watch EQ at the Movies**

- “Movies are an abundant source of EQ (Emotional Intelligence) skills in action, demonstrating behaviors to emulate or completely avoid” (p. 158).

### **Practice the Art of Listening**

- While it may seem basic, truly listening is actually a difficult skill to cultivate. Listening isn’t just about hearing the words coming out of someone’s mouth, it is hearing the tone, speed and volume too.

### **Go People Watching**

- When you take the time to observe people, they will start to reveal their moods. People watching is a great way to practice picking up on signals and understand underlying emotions.

### **Understand the Rules of the Culture Game**

- Social awareness isn’t just about other individuals, it can also be about picking up on social cues about the culture of a group of people.

### **Test for Accuracy**

- The best way to test for your social awareness accuracy is to simply ask if you are picking up on the right cues. If someone seems down but they aren’t opening up about it try asking something like “It looks like you are feeling down. Did something happen?”

### **Step Into Their Shoes**

- Walking in the shoes of another person is a key step in gaining important perspective into their life and feelings.

### **Seek the Whole Picture**

- Sometimes asking people about your social awareness skills is the best type of feedback you could receive “because this gives us the chance to see how others view us- to see the whole picture” (p. 171).

### **Catch the Mood of the Room**

- Reading the mood of a room is social awareness on a larger scale. It may take a lot of practice, but it is a necessary skill so that you are able to act appropriately in front of a group of people.

