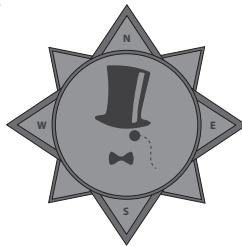


EYE CONTACT

We are going to look at something really simple this time. But while it is simple, it is still really important to master. That thing is eye contact. Eye contact is simply staring people directly in the eyes when you are talking to them or you are listening to them. While it is simple, you'd be surprised how many people don't do it and how much it affects them connecting with other people.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Go into two social situations and interact with people showing good eye contact.

LEVEL E

PERIOD 7

TASK 2

So, there is a time and place for eye contact. Don't stare at someone across the room when you are not talking to them or listening to them. That is called creepy. People will think you are staring at them and that makes them feel awkward.

But the opposite is true when you are engaging a person in conversation, shaking their hand, listening to what they say. That says something totally different. It says the following:

- I am interested in what you say, and I respect you.
- I am intelligent and able to understand you.
- That I am a person that has it together and can interact in a social situation.

To not maintain eye contact sends the message:

- I have no interest in you, or I don't respect what you are saying.
- I am not able to understand what you are talking about.
- I don't have the confidence to look at you like we are equal fellow human beings.

So, you can see, to not have good eye contact will really put you at a disadvantage when making friends, interviewing for schools or jobs, and lots of other social situations.

