

How to Connect, Not Just Converse, with Others

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LIVE YOUR BEST YOU.

**Mindful Conversation and The ‘Formula’ for Making
Successful Small Talk: A Step-by-Step Guide on How
to Connect, Not Just Converse, with Others**

Why is small talk important?

Every great relationship, be it personal, professional, or romantic, begins with a conversation. The key to conversing successful is learning how to connect with others, not just talk to them.

Small Talk Crisis and Consequences

- **There seems to be a small talk crisis in many of the areas of our lives.**
- **Why this small talk crisis?**
- **Cultural Consequence: Increased Divisiveness and Loss of Civility**
- **Personal Consequence: Decrease in Community Connectedness and Increase in Social Withdrawal**

Work

- **Find a job through friends of friends**
- **Know someone who is hiring**
- **Social network is the real key**

Recruiter

Can Small Talk Make a Big Difference to Your Career?

[Kazim Ladimeji](#) |



You need a tongue strap to stop some people talking, but you need an iron lever to pry some people's mouths open, as they see small talk as a nuisance and having limited value. But who is right? Does small talk really matter? Can small talk really make a big difference to your career or will just walking into your interview room and listing your critical competencies when prompted suffice? Well, research tells us that small talk certainly won't get an incompetent person the job, but the competent are more likely to get the job with some strategic and well placed small talk.

THE WALL STREET JOURNAL.

How to Be a Better Conversationalist

Good Small Talk Makes Us Likable, But It's Easy to Get Rusty—How to Avoid Dominating and Being Dominated in a Conversation

By [Elizabeth Bernstein](#)

Fighting Crime

- **011217 NPR Story on teaching new recruits social and conversational skill to help them learn how to connect with the community.**
- **The recruits lack social skills because they spend too much time on their electrical devices.**

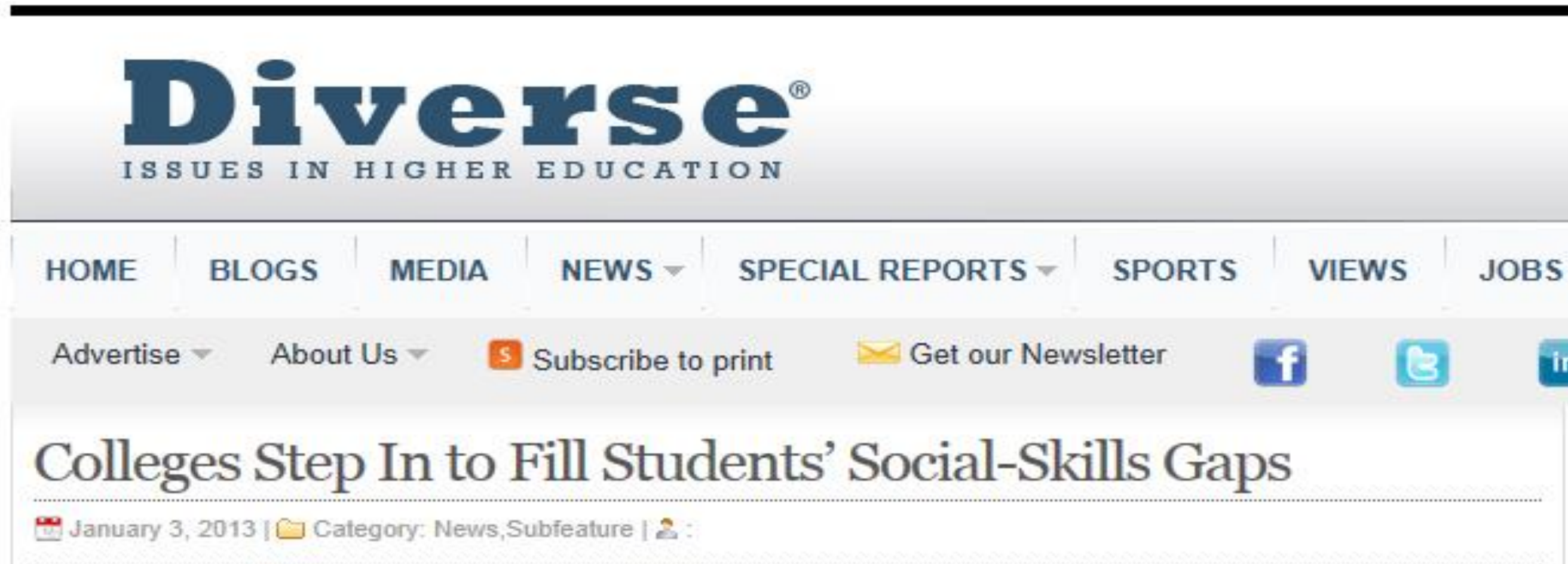
Dating

- **Only 1 in 5 successful relations begin on line**
- **Dating---still the best way to find a soul mate is the old fashioned way through friends, work, church.**

School

Students lacking social skills because they spend too much time on digital technology






It's mingling, networking, handling conflict






The screenshot shows the top portion of a web browser displaying the 'Diverse' website. The logo 'Diverse' is in a large, bold, blue font, with 'ISSUES IN HIGHER EDUCATION' in a smaller, blue, all-caps font below it. A navigation menu includes links for HOME, BLOGS, MEDIA, NEWS (with a dropdown arrow), SPECIAL REPORTS (with a dropdown arrow), SPORTS, VIEWS, and JOBS. Below the navigation menu are links for Advertise (with a dropdown arrow), About Us (with a dropdown arrow), Subscribe to print (with a printer icon), Get our Newsletter (with an envelope icon), and social media icons for Facebook, Twitter, and LinkedIn. The main article title is 'Colleges Step In to Fill Students' Social-Skills Gaps' in a large, dark blue font. Below the title, the date 'January 3, 2013' and category 'Category: News, Subfeature' are displayed.

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Colleges Step In to Fill Students' Social-Skills Gaps

 January 3, 2013 |  Category: News, Subfeature |  :

York teaches a workshop for sophomores called "Mastering the Art of Small Talk"; two majors—education and sports management—require their students to take it. It also offers a seminar in taking criticism.

"This generation talks better with their thumbs than face to face," Randall says.

And it's not just communicating that appears to challenge this latest group of college students. It's mingling, networking, handling conflict, eating—even dressing.

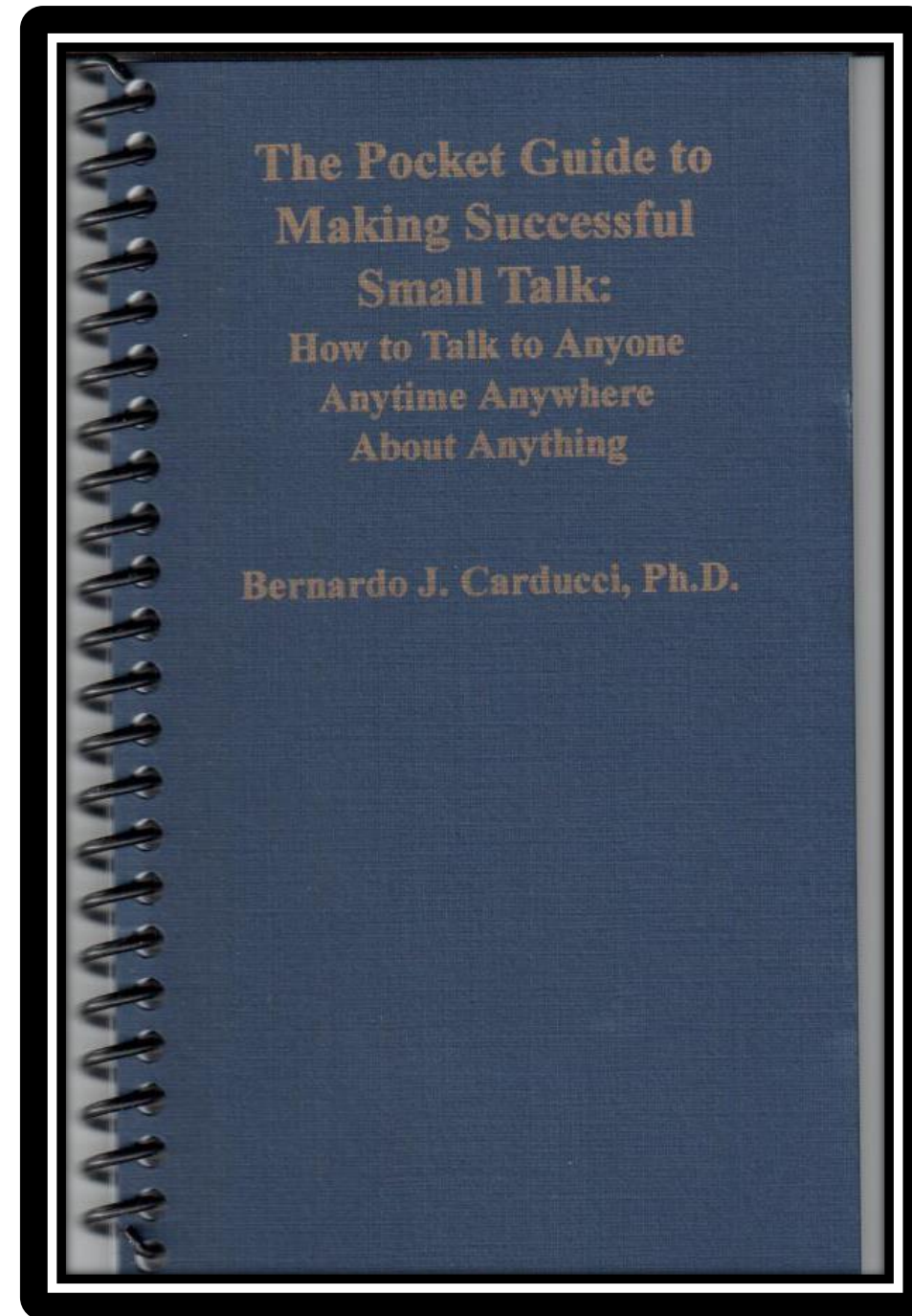
Campus Connectedness and Student Success

- **Campus Disconnectedness and Some Consequences**
- **Campus Connectedness is a Critical Link in Student Retention and Success**
- **Critical Barrier to Connectedness is Initiating and Maintaining Conversations—Making Friends**

Health and Community Connectedness

- **Physical Health and Community Connectedness**
- **Mental Health and Community Connectedness**

A Crash Course in Mindful Small Talk: A Step-By-Step Approach



Responding to Crisis: Some Applications of Mindful Small Talk: For Work, School, and Love—Industry, Identity, and Intimacy

- **S154: Pathways**—focuses on selecting an major and *making friends*
- **X220 Career Perspectives in Business**—focuses on selecting a career in business and *networking*
- **Community/Campus Workshops**—focuses on developing conversational skills for *meeting others, making friends*, and, promoting campus connectedness and improving retention
- **Workshops on Dating Strategies for Shy Shyness**

Principles of Mindful Small Talk: The ability to engage others in a verbal exchange for the purpose of developing a social relationship.

- **How to initiate conversations**
- **How to keep conversations going**
- **How bring others in to on-going conversations**
- **How to end conversations while creating future opportunities to reconnect**

Understanding the Basics of Mindful Small Talk

- **Basic Myth: You Are Not Born With the “Gift of Gab”**
- **Basic Purpose: Letting Others Know You Are Willing to Talk**
- **Basic Rule: You Don’t Have to Be Brilliant; You Just Have to Be Nice**
- **Basic Guideline: Make It Easier for Others—It’s About Them, Not About You**
- **Basic Mistake: Alcohol Consumption as a Substitute for Confidence**

Know the Guidelines for Developing the Skill of Making Mindful Small Talk

- **Remember the “Golden Rule” of Successful Conversation: Be Other-Focused**
- **Know the Structure of Successful Conversation: Knowing and Following the Guidelines**
- **Practice Making Success Conversation: Providing Opportunities to Connect with Others**

A Step-By-Step Approach to Making Mindful Small Talk: The “Formula” for Connecting with Others

Step 1: Setting Talk: Getting Started

- The Opening Line: Keep It Simple**
- Use the Shared Environment: Look Around**
- Use the Shared Identity: Here Together**

A Step-By-Step Approach to Making Mindful Small Talk: The “Formula” for Connecting with Others

Step 2: Personal Introduction: Who You Are and Something About You

- **Plan Ahead: Know Thy Self**
- **Providing Hints for Topics: Make It Easy for Others**
- **Forgetting a Name: The Recall Remedy**

A Step-By-Step Approach to Making Mindful Small Talk: The “Formula” for Connecting with Others

Step 3: Pretopical Exploration: Fishing Around for Common Ground

- Build on the Beginning: Moving Forward by Looking Back**
- The Rule: Support the Topic or Offer an Alternative Topic**
- A Word About Silences: Taking Time to Think**

A Step-By-Step Approach to Making Mindful Small Talk: The “Formula” for Connecting with Others

Step 4: Posttopical Elaboration: Keeping the Conversation Going

- The Role of Divergent Thinking: Making Links**
- The Role of Anxiety and Alcohol: Damaging Divergent Thinking**
- Avoid Favorite Topic: Conversation Domination**

A Step-By-Step Approach to Making Mindful Small Talk: The “Formula” for Connecting with Others

Step 5: Conversation Termination: Ending Successfully

- **Signal the End is Near: Time to Go**
- **Show Appreciation: It’s Been Nice**
- **Demonstrate Active Listening: Summarize Highlights the Conversation**
- **Establish Future Contact: Making the Connection**

A Factorial Approach for Increasing Community Connectedness: Opportunities for Practicing Mindful Small Talk and Connecting with Others

Expand Your Social Support Network: Creating Chances for Connectedness

- **Join Community Organizations—Shared Experiences**
- **For Students Get a Part-Time Job—Semi-Structured Social Settings**
- **Become a Volunteer—Shared Beliefs in A Common Cause**
- **Systematically Expand Your Personal and Social Comfort Zone—Go to Different Places and Talk to Different People using the Factorial Approach**

A Factorial Approach for Continuing the Social Community Connectedness Based on Mindful Small Talk

Continuing the Community Connection: A Day By-Day Approach

- Engage in Quick Talk**
- Engage in Common Courtesies**
- Respond to the Small-Talk Efforts of Others**
- Take a Chance**
- Be A Host to Humanity: The Real Solution to Connecting with Others is in the Heart**

Obama's Quote from Farewell Address

In his farewell address, the President noted the social divide created by individuals spending too much time on the internet.

“It you're tired of arguing with strangers on the internet, try talking to them in real life.”

Mindful Small Talk as a way of reducing the social divide.

“Log off your computer and log into life”

Bernardo J. Carducci

Questions

- Online – please email healthyu@indiana.edu to submit your questions

Thank You

Don't be shy about contacting me.

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