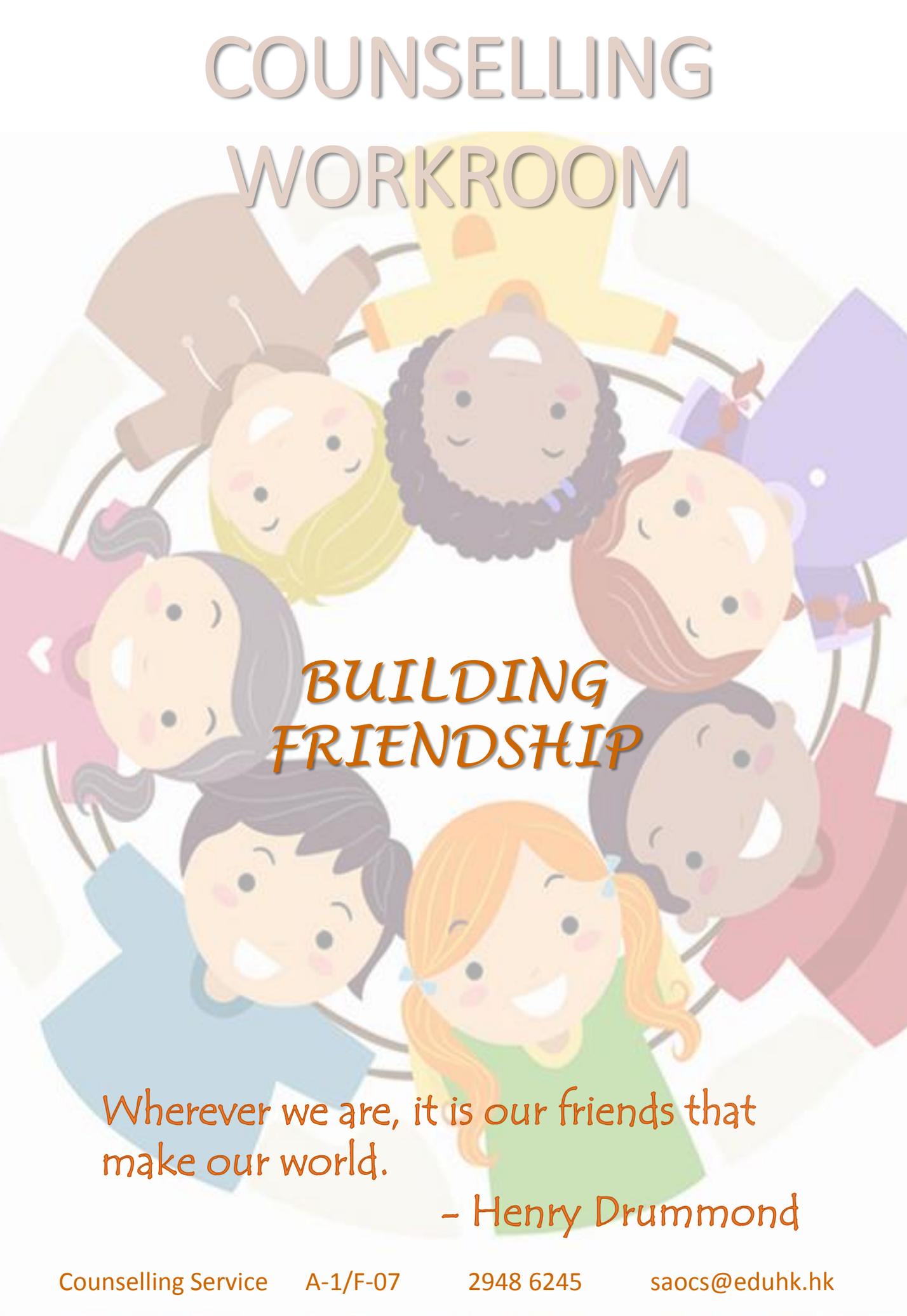


COUNSELLING WORKROOM

A colorful illustration of ten diverse children of various ethnicities and ages, holding hands in a circle. They are smiling and looking towards the center. The children are wearing different colored clothing: a brown jacket, a yellow shirt, a purple shirt, a pink shirt, a blue shirt, a green shirt, and a red shirt. The background is a light, warm tone.

BUILDING FRIENDSHIP

Wherever we are, it is our friends that
make our world.

- Henry Drummond

BUILDING FRIENDSHIP

Do you have good relationships with your schoolmates? Maintaining good peer relationships provide you with a great deal of comfort and support on campus. On the other hand, it could bring you much stress. Here are some tips for building friendships.

1. Take the first step

Most people feel a bit uneasy when first encounter with other person. It takes time and patience to have friendship flourish.

Try to keep a smile on your face, say “Hello”, take initiative to show your interests in knowing him/her, share your experiences, invite for lunch together; when you see other students having difficulties, show your care by asking what happened, and to offer your help.

Participating in various student societies, hall activities or exchange tours, is also an effective way to broaden your social circle.

2. Respect others

People tend to be self-centered, believe their own ideas are the best, and expect others to follow their will, instead of listening to others. Each of us has unique characteristics, with different interests and values.

Try to keep an open attitude to understand others’ thoughts and needs. If your friend holds different opinion from you, can you try to accept his/hers first, and later invite him/her to try your ideas?

You will earn respect from others when you do the same to him/her. Otherwise, your friend may gradually leave you for your stubbornness.



BUILDING FRIENDSHIP

3. Say praise

We all like to be appreciated, but oftentimes feel uneasy to praise others. Show your appreciation genuinely helps you to earn friendship. Pay attention that the content of your praise should truly reflect the quality of the other person, such as his/her character or uniqueness.

You can say, “Your dress looks so pretty!”, “I like the way you are always willing to offer your helping hand, and I should learn more from you.”, or “Your idea is great!”.

Praise brings happiness around, and definitely form a good circle in social relationship.

4. Be Empathetic

Empathy is an art of care and love. It smooths interpersonal relationship. Using empathy in your communication helps you to get closer with your friends. When you talk to your friend next time, try not only listen to the content, more importantly, place yourself in another’s position, sense his/her emotions, and express your understanding.

For example, your friend says, “I’ve argued with my girlfriend again. We just went out for a month, and we fought every week. I probably need to move on.” You can respond, “Oh, fighting with girlfriend, no wonder you look so sad. It seems that you don’t really get along with her, are you thinking of breaking up?”

Another example could be like this. Your friend shares, “I need to catch up with so many homework assignments, and was badly deprived of sleep. But no matter what, I still could not get them done. What should I do?” You can respond, “Your look so tired! It must be pretty frustrating not able to finish the work. You seem worried, aren’t you?”

Knowledge cannot replace friendship. I rather be an idiot than to lose you.

-Patrick To Spongebob.

