

CST 390 Podcast

Jeda Lee and Dionna Shepherd

**Podcast Season Theme:** “Recovering our interpersonal skills after COVID”

**Podcast Title:** Let’s Talk Social Skills

**Tipsheet:** An Adult’s Guide to Social Skills, for Those Who Were Never Taught

<https://anchor.fm/jeda-lee0/episodes/Lets-Talk-Social-Skills-e199gke>

### **Introduction (~13 seconds)**

**Dionna:** Hey I’m Dionna

**Jeda:** And I’m Jeda, it’s evident that people lost social skills after covid, and today we are going to be talking about gaining social skills back or learning them for those who were never taught. So, let’s talk about social skills.

### **Body (~4 mins)**

**Dionna:** So, the first one we’re going to be talking about today is emotional intelligence. So emotional intelligence is defined as your ability to acknowledge your own emotions, recognize emotions in others, and use that information to guide your behavior. I know for me personally I had to learn emotional intelligence, especially in college; because I thought I was going to be this major social butterfly. I thought I was going to be able to go and hang out with people for long periods of time. Go out to parties and everything and then I realized that I don’t love talking to people for very long. I also found myself needing a break and then having to come back to those people, so I have to leave and then come back to the atmosphere or come back to the group and just kind of regroup myself.

**Jeda:** I’ve definitely been through the same thing, and that takes me to our next topic which is the five categories of emotional intelligence that compliment and support one another. So, there are five of these categories and those are: Self-awareness, self-regulation, motivation, empathy, and socialization.

**Dionna:** I like how you mentioned self-awareness because that is needed in common social scenarios that adults struggle with. So, learning about yourself is key in most of these social points, especially the first one of constructively confronting someone. You must be able to recognize fear in yourself and be able to identify the real issues that led to the conflict in the first place. You then can use ‘I’ statements and describe the behavior and think about your reaction

instead of hurling accusations. You must have awareness of your own emotions in order to practice this skill and be prepared for when the next situation arises.

**Jeda:** So, what Dionna just talked about is actually an example of self-awareness and self-regulation. So, you have to be aware of what led you to the conflict and then regulate those emotions to bring you back down. Which brings us to our next point, which is being able to speak up and being heard in a group. So, speaking up is really hard especially when everyone seems a lot louder than you. But what's really important is how you react to being inevitably interrupted. It's really easy to get frustrated and shut down and just stop talking. But then you have to go back to being able to regulate those emotions as well as not losing motivation to speak. Try to get your point across by being loud and proud and speak with confidence and keep it short and sweet.

**Dionna:** I agree so much with the speaking with confidence, that ties in to making and keeping friends as an adult. I don't know about you but when I was a kid, I was able to make friends super easily because I saw them every day. We were in the same classes, and we were- we played at recess everyday together, we had lunch together. But over time, I've learned that it's difficult as you get older. Everyone gets jobs, goes to different schools, and start their careers. But in our tip sheets, it mentioned that motivation is what is lacking in our day to day lives. You have to have internal motivation to make new friends and step outside of your comfort zone. I suggest that people start today to try to make new friends and aim to maintain friendships through everyday adult life. Put yourself in a new social situation, take a class, go to a group, or just talk to someone new. You'll be surprised at how making friends can impact your day-to-day life.

**Jeda:** Speaking of making new friends, the next and last thing I want to talk is striking up a conversation with someone new. As someone with anxiety, I know that it is really difficult talking to strangers. But you have to remember that people love talking about themselves, so give them that opportunity and you'll be having a conversation in no time. However, in these situations you have to use empathy with not only yourself, but with others, that will help you ease the tension between the both of you. Also, it's important to be aware that not everyone wants to talk, so you have to observe what they're doing at the time. For example, if someone is walking with a purpose, with headphones in it's safe to assume they don't want to talk. Now once you find someone that does want to talk you can keep the conversation going by offering an observation and insight, then following up with a question. Talking to new people is hard but with the right skills you can meet new people and strengthen your already formed bonds.

**Dionna:** I love how you mentioned that talking to a stranger can be very difficult for some. I know for me; I work in customer service and so I'm able to interact with strangers all day every day. And I still find myself- it being very difficult for me to interact with people, just because it's

talking to people is just, we can talk, and we can have conversations and it be fine. But it also can be very difficult at the same time. But in the end, we end up like having super long conversations, because they love talking about themselves, like you mentioned. They love talking about their pets, their dogs, their families, everything is just a great time.

**Outro (~1 min):**

**Dionna:** Now we didn't talk about all of the social situations listed, but the concepts that we discussed are universal and can be applied everywhere in our day to day lives. Having emotional intelligence, and knowing your social state, dealing with social outcomes and feelings. With practice we can work on the different complications and social attractions, and it come more easily to us

**Jeda:** Alright, thanks for listening!

**Dionna:** Bye guys!