

Social College Program

Topic: Dating College

Start as Friends

Activity

Put each of the words in the list below into the Friendship/Relationship chart. If you think a word belongs in both columns, you can put it in both. Example, you might value “honesty” in both friendships and romantic relationships, so the word could go in both columns.

List of Words - honesty, communication, good listener, being helpful, encouraging, respectful, consistency, dependability, loyal, sense of humor, kind, supportive, similar interests

Friendship	Romantic Relationships

Reflection

How many of the words did you put in both boxes? _____

Many people who do this activity find that almost all of the words fit into both boxes. What do you think this means about the importance of starting as friends before moving into a romantic relationship?

Building the Friendship - Things to Remember

- Sometimes starting a friendship with someone can feel like dating.
- Remember, the other person might feel nervous too.
- Take a deep breath and try your best!

Tips for *Friendly* Social Interactions

Tip	What should you work on?
Share the conversation	
Ask a variety of questions	
Find common interests	

Building a Friendship Script

Hello, _____. I really enjoyed _____.

(Person's Name)

(Specific conversation topic or activity)

Would you like to hangout as friends sometime? Maybe we could _____?

(Invite them to an activity: take a walk, grab dinner, etc.)

If they answer YES: Exchange contact information. Try to set a date and time now.

If they answer NO: That is okay! Let them know you hope to see them again at a Pathways event, work, or another group gathering.

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