



Hi. My Name Is...

Forming New Relationships

Melissa and Hannah

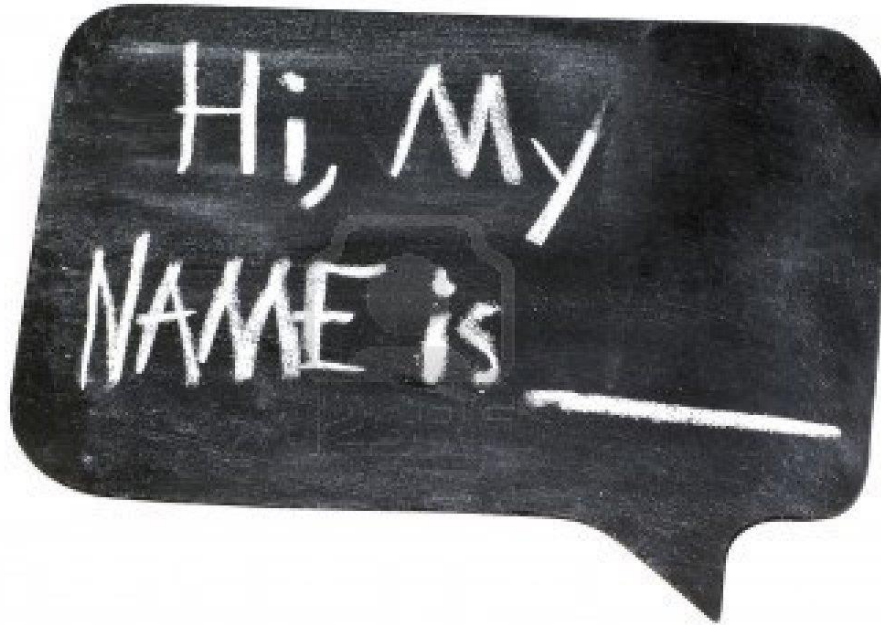
GATEWAY GUIDES



+ Activity



- Find Someone you have never met and pair up with them



Initiatives, Games, & Activities

It Ain't Me Babe

Ice Breaker



Purpose

Use this activity as an ice breaker for letting people get to know each other in a fun and different way.

Materials Needed

a sheet of paper and pencil for each person

Description

Have everyone break into a pair with someone they do not already know. If there is an odd number, you can join a group yourself or have one group of three. The purpose of the activity now becomes to introduce yourself to your partner without talking OR without writing words. Each person can, however, use the piece of paper and pencil to draw a message to their partner. After five minutes, have the partners switch roles and the second person may now draw a message to their partner. Allow another five minutes and then tell the pairs that their job is to introduce their partner to the whole group using the picture that they were shown to describe their partner. Be sure to allow time for each person to "rebut" or explain what they were really trying to tell their partner. People will really enjoy this safe way to get to know others and you will be surprised how much is remembered by everyone.

Rules and Sacrifices

none

Safety Concerns

none

Suggestions for Discussions

The activity itself provides much opportunity for interaction and discussion.

Cross References

Rohnke, Quicksilver.

+ Lets Talk About It



1. What was it like not being able to use words to describe one another?
2. What difficulties/frustrations did you have?
3. How did you choose what to share with that person?
4. What do you think was the significance of this activity?

+ Transition to College



- What did you think college was be like before you got here?
- Why is college so different from high school?



+ Making Friends 101



- Networking
 - What is it?
 - Meeting new people
 - Social media, LinkedIn, Facebook
- Clubs
 - ROAR, etc.
 - To make a club = 2 people + idea
- Get familiar with campus
- Reach out
 - Professors, groups, etc.
- Get to know your floor
- If you live off-campus, try to stay on campus as much as possible
- Find study groups/sessions
- Volunteer
- Take new electives
- Hangout in common areas
- Attend
 - Sports, events, socials, etc.
- Campus recreation center

+ Objectives



- Students should be able to:

1. Learn at least one new communication skill
2. Identify one barrier to effective communication
3. Meet at least ONE new Person

+ Communication Skill Building



■ Nonverbal

- Proxemics- space
- Kinesics- movement
- Haptics- touch
- Chronemics- time

■ Verbal

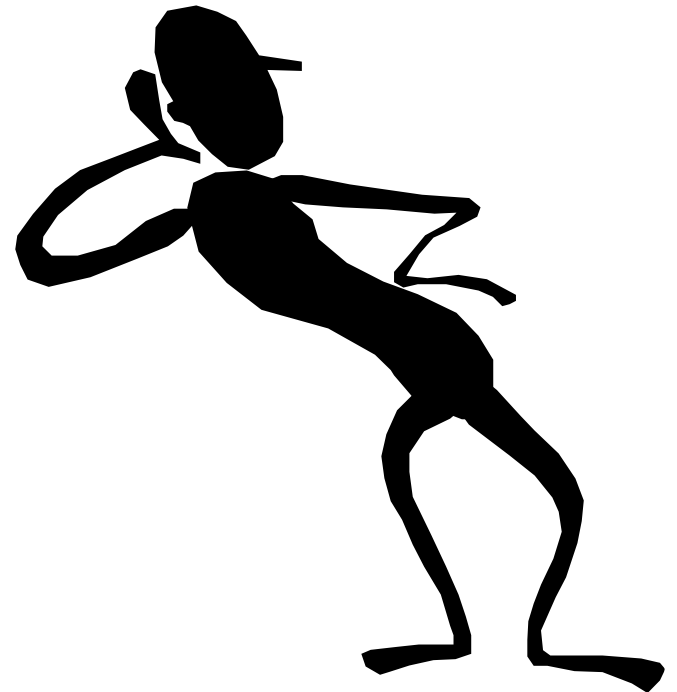
- Tone/Volume/Tempo

+ Communication Skill Building



■ Listening

- How do you know if someone is REALLY listening to you?



+ Communication Skill Building



- Barriers to Effective Communication
 - Physical
 - Mental
 - Cultural
 - Emotional





What's it all about?



- How do you think these communication skills will help you if you did the activity a second time?

- What skills did you take away that you can apply in other interactions in the future?

+ Resources for you!



- OFFICE OF STUDENT ACTIVITIES
 - UNIVERSITY CENTER 104 (719)255-3470

- OFFICE OF FIRST YEAR EXPERIENCE
 - MAIN HALL 202 (719)255-3688

- UCCS REC CENTER
 - (719)255-7515

- UCCS CAREER CENTER
 - MAIN HALL 201 (719)255-3875

- COMMUNICATION CENTER
 - COLUMBINE 312 (719)255-4770