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How to Make New Friends at a New School by [Gerald Melnick](#)

Article published on January 9th 2012 | [Teen](#)

Coming to a new school creates a fair share of obstacles for the new student. Finding your way around, learning the new rules, and making new friends are all part of the process. Building new friendships can be a bit easier if you follow this advice.

Play it cool at the start. Chances are you feel shy and possibly scared but you can still show your best personality.

You can break the ice by asking questions or advice about things such as teachers, activities and rules. Most people love giving advice.

Just put on your warm smile and approach a person you think you might want to establish a friendship with and ask a question. It might go something like this; "Would you mind if asked you a question about....." Ask your question, be attentive to the answer and then follow up with another question. Make sure you are keeping eye contact as the other person replies. Be aware of your body language. Make sure you are showing signs that say you are approachable. Make sure you understand what the other person is saying and encourage the reply by nodding your head and making appropriate comments. Almost everyone appreciates a good listener so follow the rule of talk 1/3 and listen 2/3 of the time. Do this and you will be very popular.

Don't try to sound more fascinating than you already are. Eventually, people will get to know the real you and you don't want to be judged a person who exaggerates. Good friendships are based on honesty.

Be cool. You don't want to come on as needy in building your friendships. Just be your normal self and give it time for the friendships to develop. In life we don't like everyone we meet and usually some people will not take to you. Let things flow and you will connect with those who suit you.

Be open to participating in after school activities. Choosing activities that interest you will put you in contact with others who share that interest. A common interest makes connecting with a friend easier. When talking with others, note if you feel relaxed in their company, is their thoughts and opinions something you feel comfortable with? We learn about one another through the process of asking questions, and listening to the answers. Life is tough, but good friends can make it a whole lot easier.

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G.R. Melnick is the author of the book I Am Worth Knowing, which outlines an easy to follow process for making new friends for those who are shy or feel they lack the social skills. In addition the web site I Am Worth Knowing, <http://www.iamworthknowing.com> is a developing resource for teen issues as seen from the teenager's view point.

Article Keywords:

Teenager, New friends, New school, Making new friends,

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