A Good First Impression

A. Read the text about making a good first impression and then match the words in bold to their definitions.

They say you only get one chance to make a good **(a) impression**. First impressions are important because they happen quickly, and they tend to stick. People make judgements about others almost immediately when meeting for the first time. Once we make an **(b) initial** impression of someone, it becomes difficult to change. Therefore, in order to get your relationships off to a successful start, it pays to make the right impression.

A good first impression does not need to come down to luck, and there are a few things you can do to help you impress new **(c) acquaintances**. People tend to be attracted to those who show a **(d) genuine** interest in them, so try your best to get to know the person. Ask questions to get a conversation started. This will help you find out about your common interests. People who have things in common are more likely to **(e) bond**. Try not to talk about yourself too much as this may give the impression that you are **(f) self-centered**.

Pay attention to your body language. Many of us get nervous meeting new people, especially those we **(g) perceive** as being important. However, being visibly **(h) anxious** can make the other person feel uncomfortable, so try to project a confident but relaxed energy. When you meet someone for the first time, maintain appropriate eye contact for about 60% of the time and offer a firm handshake. It is also important to avoid touching your face and neck and putting your hands in your pockets as these are obvious signs that you may lack confidence or feel uncomfortable.

1. People who you know but do not know well. .....
2. A feeling that makes two people feel connected .....
3. To think of something or someone in a particular way .....
4. An idea, feeling, or opinion about something or someone .....
5. Interested only in yourself .....
6. Worried and nervous .....
7. First, or happening at the beginning .....
8. Sincere and honest .....

B. In groups of three, discuss the questions about making a good impression below.

1. Do you feel comfortable meeting new people? Why or why not?
2. Are there any social situations that make you feel anxious?
3. Are first impressions always accurate? Why or why not?
4. What do you think about judging people on their physical appearance?
5. Tell your classmates about a time when you didn't make a good impression.
6. What are some other important things to think about when making a good impression not mentioned in the text?

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