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Part 1. When people meet you for the first time, how do you come across? Choose three words you'd like them to use about you, and three you think they actually use. Then talk about any differences.

<i>How I'd like to come across</i>	<i>How I think I actually come across</i>

Need ideas?

friendly · confident · shy · approachable · laid-back · intense · funny · serious · warm · reserved · chatty · down-to-earth · a bit cold · easy to talk to

Part 2. When you meet someone new, what do you notice first? Choose your top three and explain why. Is there anything you notice that you probably shouldn't?

Their smile	Their shoes
Their handshake	Their voice
Their clothes	Whether they make eye contact
Whether they're on time	Their hair
How they treat waiters and staff	Whether their phone is always in their hand
Their sense of humour	How much they talk about themselves

Part 3. Discuss the questions.

- How quickly do you make up your mind about someone new?

- Has anyone ever told you what they thought of you when you first met? Were you surprised?
- Do first impressions matter more at work, with friends or on a first date?
- Online, what gives you a first impression of someone: a profile photo, an email, a message?
- In your culture, what makes a good first impression? Think about greetings, small talk and body language.

Part 4. Which of these are true for you? Choose two and give an example.

- I usually know within a few minutes whether I'm going to like someone.
- I've been told I seem unfriendly when I'm actually just shy.
- I make more of an effort with how I look when I'm meeting someone new.
- I've completely changed my mind about someone I didn't like at first.
- I find it hard to be myself for the first few minutes.
- I'm better at first impressions online than in person.

Part 5. Which would make a worse first impression? Choose one in each pair and explain your choice.

Arriving 15 minutes late	or	arriving 30 minutes early
A weak handshake	or	a handshake that's far too strong
Talking too much	or	hardly saying a word
Checking your phone	or	forgetting their name straight away
Being overdressed	or	being underdressed
Being rude to a waiter	or	complaining about your ex

Part 6. What would you do? Choose an option or come up with a better one.

Five minutes into a job interview, you notice you've spilled coffee down your shirt. The interviewer hasn't said anything.

1. *Mention it with a joke and move on.*
2. *Say nothing and carry on as normal.*
3. *Apologise and explain what happened.*
4. *Cover it with your folder and hope for the best.*

You're meeting your partner's parents for the first time. In the first ten minutes, you get their father's name wrong twice.

1. *Laugh at yourself and ask him to remind you.*
2. *Avoid using his name for the rest of the evening.*
3. *Apologise properly before you leave.*
4. *Blame it on nerves and hope he forgets.*

A new colleague seems cold on their first day. They don't smile and barely say hello to anyone.

1. *Decide they're not worth the effort.*
2. *Give them a chance. It's only their first day.*
3. *Invite them to lunch and see what they're really like.*
4. *Ask other colleagues what they think of them.*

Part 7. Choose one situation: a job interview, a first date or the first day in a new job. Agree on your top three tips for making a good first impression, and one thing nobody should ever do.**Useful phrases**

Make sure you... · Try not to... · Don't forget to... · It's a good idea to... · Whatever you do, don't...

Part 8. Read the statements. Do you agree, disagree or partly agree? Explain why.

- You never get a second chance to make a first impression.

- "Don't judge a book by its cover" is good advice, but nobody follows it.
- First impressions are usually right.
- It's better to be yourself than to try to impress people.
- First impressions matter even more online than in person.
- You can tell a lot about someone from the way they treat waiters.

Part 9. Read the two viewpoints. Which is closer to what you think? Explain why.

Viewpoint A

Trust your gut. Within a few minutes you can tell a lot about someone: whether they listen, how they treat other people, whether they're honest. My first impressions are usually right, and when I ignore them, I regret it.

Viewpoint B

First impressions are mostly about nerves, clothes and luck. Some of my closest friends are people I didn't like at first. If we always trusted our first reaction, we'd miss out on a lot of good people.

Part 10. Tell the story of a time your first impression of someone was completely wrong, or a time someone got the wrong idea about you.

Think about:

- Where you met and what happened
- What you thought of them, or they thought of you, at first
- When and how things changed
- What your relationship is like now

Reflection

Complete the sentences in your own words.

1. The first thing I notice about people is...
2. When people first meet me, they probably think I'm..., but actually I'm...
3. Someone I got completely wrong was...
4. Next time I meet someone new, I'll...