Honors Project

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What type of people we should be surrounding ourselves with.
Connecting with people is something really important, but not many realize that some people they are connecting with aren’t the right choice.

Who should we be connecting with:

When you are connecting with someone, some ways to see if you are communicating with the right people is by knowing you are seen and valued. Knowing that you are valued is a good way for you to build trust. Not many people know this but trust does play a big role when getting to know people! Human connection can make you feel heard and understood which is what gives you a sense of belonging.

ALWAYS surround yourself with people who are positive!
How to connect:

There are many types of ways to connect with people but some choices are better than the others. Sometimes people feel the need to pretend to be someone they aren't which can lead to you building on lies. You will then learn that building on lies will cause confusion in the future. This will have people make mistakes since they desperately want to fit in. So some ways you can start on connecting is by being yourself, respect people's boundaries, and be a good listener.

- Being yourself is how you make genuine connections!

- Respecting people's boundaries is really important when connecting with someone.

- For example, when researching I found a website that said, “You Don't want to push them into sharing things that they don't want to say for the sake of the connection”

- If you don't respect their boundaries the connection between you two could end.

- Being a good listener will make the person feel heard and understood.
How to know you connected with the right people.

Connecting with the right people. Some ways to know if you have connected with the right people is by knowing they offer you their undivided attention. Giving someone your undivided attention can show that you are a good listener. Being a good listener can show them that you care about what they have to say. You will be able to tell them things without having to feel left out. Some other ways are, if they make you feel good about yourself and if you have similar core values.
Why it’s important:

It is important to surround yourself with the right people because once you become close to someone you will tend to do things they do or say. Being with the right people will motivate you to do good things. On the other hand if you surround yourself with people who make bad choices you will probably be influenced to do the same thing. That will end up making you stop achieving your goals or could also make you feel bad about yourself once you realize what you've put yourself into.
Overall:

Overall I feel that when meeting new people you should definitely try and actually get to know them well. If you feel that the vibes are off or if you think you can’t trust that person then maybe that means you shouldn’t be around them. Remember you always want to be around people who make you feel valued and heard. Surround yourself with people who are positive and motivate you to do good things, and help you achieve your goals.
Citations:

The End!