

## Presenting Yourself & First Impressions

- When you meet someone for the first time, what do you usually say about yourself?
- Do you think first impressions are always accurate? Why/why not?
- What do you notice first about other people when you meet them?

### 2. Video Activity

**Watch:** [You Never Get a Second Chance to Make a First Impression](#)

**Task:**

- Write down two things that make a positive first impression.  
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- Write down two things that make a negative first impression.  
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### 3. Reading

*First impressions are powerful. Research shows that people often form an opinion about others within the first few seconds of meeting them. In international relations, where diplomats and professionals meet people from many cultures, self-presentation is especially important.*

*Good first impressions depend on both verbal and non-verbal communication. A confident handshake, eye contact, and a polite smile help create trust. At the same time, introducing yourself clearly and briefly is essential. For example: "Hello, my name is Anna Petrova. I am a student of International Relations with a focus on European security."*

*Cultural differences also play a role. In some countries, direct eye contact shows confidence; in others, it may seem impolite. Knowing these differences helps avoid misunderstandings.*

*While first impressions are important, they are not always permanent. Still, in diplomacy and international cooperation, a positive beginning can open many doors.*

### 4. True or False?

Read the statements and decide if they are **True or False**:

1. People usually take several hours to form a first impression. **T / F**
2. Both verbal and non-verbal communication affect first impressions. **T / F**

3. A polite smile and eye contact can help build trust. **T / F**
4. Cultural differences never influence first impressions. **T / F**
5. First impressions can be difficult to change. **T / F**

### 5. Discussion Questions

- Do you think first impressions are more important in personal life or professional life?
  - Can you share an example when a first impression was wrong?
  - How should someone prepare for a first meeting in a diplomatic or professional setting?
  - Which cultural differences have you noticed in greetings and introductions?
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### 6. Extra Activities

#### A. Role Play – Networking Event

- Imagine you are at an international conference.
- Introduce yourself (name, background, interest).
- Start a short conversation with a partner.

#### B. Mini Workshop – Elevator Pitch

- Prepare a 30-second self-introduction (study field, career goals, interests).
- Present in pairs and give feedback.

#### C. Reflection Writing

- Write a short paragraph: *“How do I want to be remembered after a first meeting?”*

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