South Carolina State University

Networking Connections for Optimal Social and Emotional Growth

LATOYA JOHNSON, M.Ed

INSTRUCTOR

COLLEGE OF GRADUATE AND PROFESSIONAL STUDIES

DEPARTMENT OF FAMILY AND CONSUMER SCIENCES

Topics for Discussion

1. Why is Networking so Important to Our Social and Emotional Growth?

2. Is Your Current Network Helping You to Grow?

3. How Can I Improve My Networks to Emotionally and Socially Grow?

Why is Networking so Important to Our Social and Emotional Growth?

Something to Think About……

"Man is by nature a social animal; an individual who is unsocial naturally and not accidentally is either beneath our notice or more than human. Society is something that precedes the individual. Anyone who either cannot lead the common life or is so self-sufficient as not to need to, and therefore does not partake of society, is either a beast or a god. "
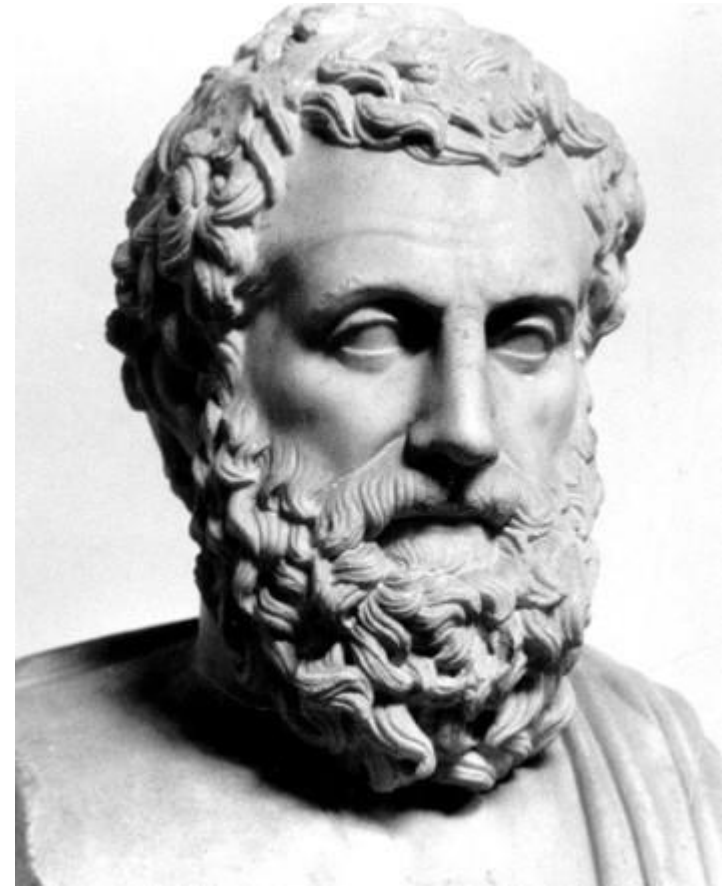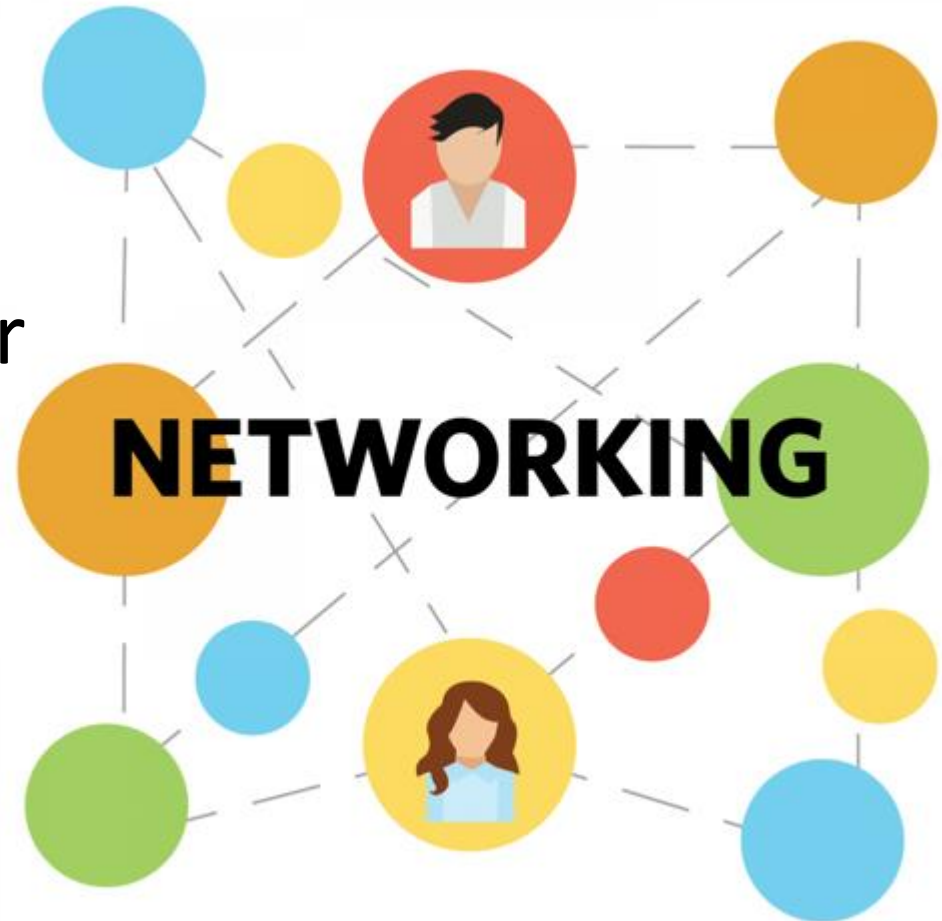
~ Aristotle

What is Networking?

According to Johnson (2016) networking are the moments when we connect with other inside and outside of our own networks, in an effort to learn new things, to meet new people, and to improve our personal and/or professional life.

NETWORKING

Why Should We Even Networking?

1. Helps us to meet the human need of belonging to a group and forming relationships.

2. It makes us happier, especially when we know that our help is needed.

3. Our brains are wired for us to socialize:
   - When we are not engaged in an active task, our brain goes into a **"Default Network".**

7

(Smith, 2013)
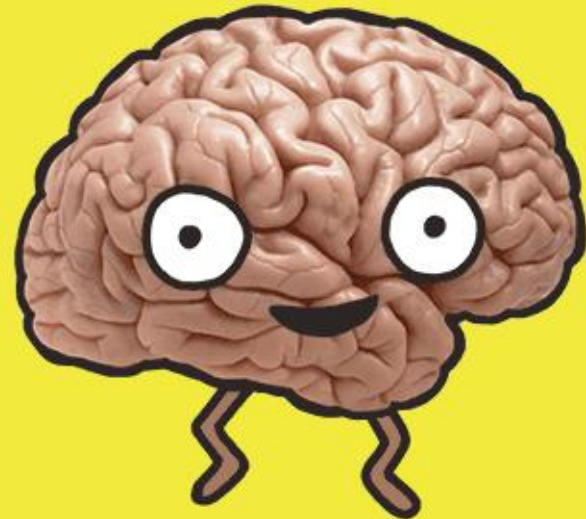
Activity #1: Default Network

1. On the count of three, I want each of you to sit still, don't move, and be silent for five seconds.

2. Write down who or what you were thinking about during the five seconds of silence.

Whenever the brain has a free moment, the human brain has an automatic reflex to go social.

8

(Smith, 2013)

Social Capital is Strengthened

Social capital is typically an umbrella term for relationships and benefits we have (or sought), and often take for granted.
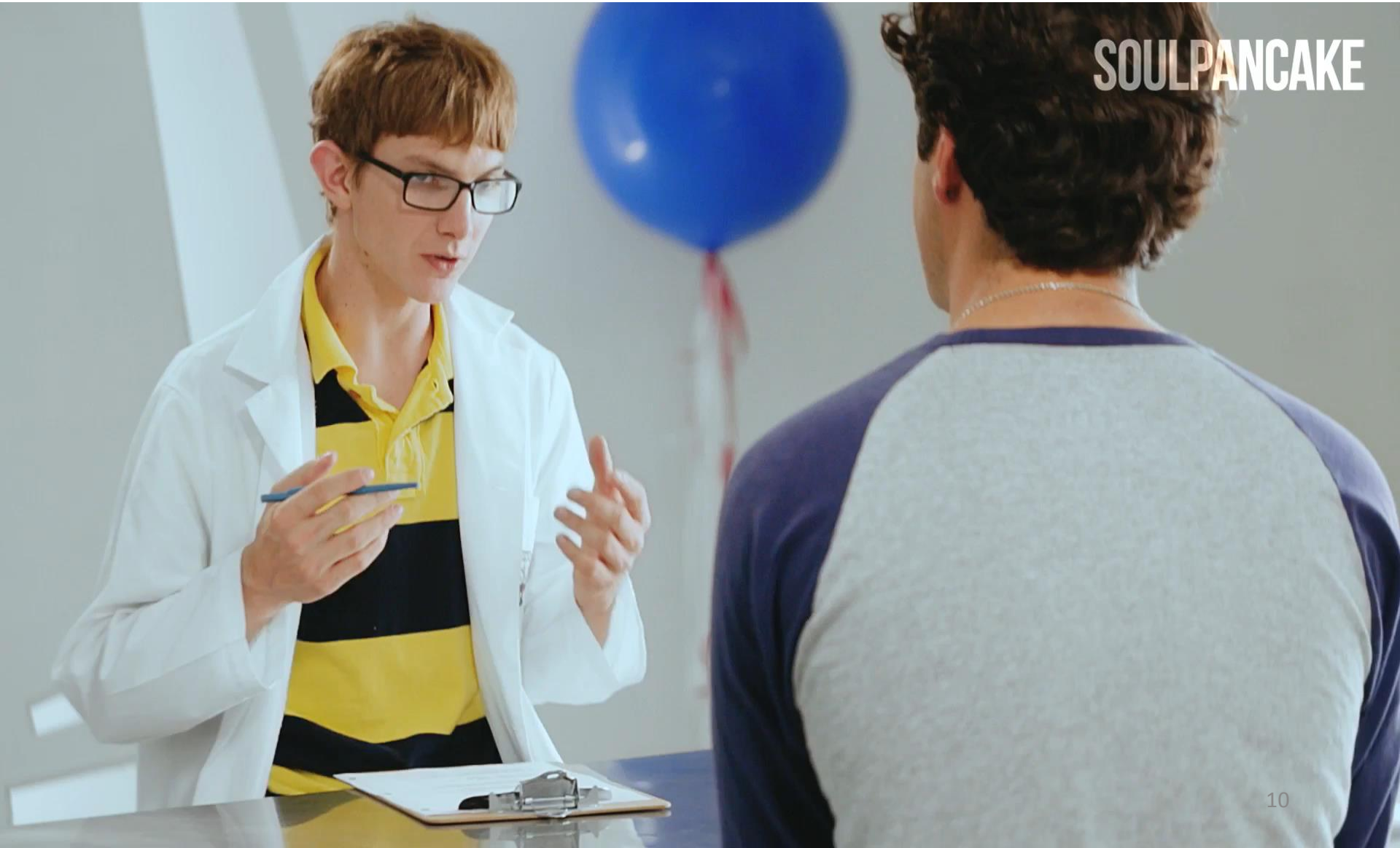
Bonding   **Bridging**   **Linking**

Activity #2: Just a Quick Message

Is Your Current Network Helping You to Grow?

Whose Got Your Back?

My Family

Whose Got Your Back?

The Chicas

Whose Got Your Back?

Texas Tech Peeps

Whose Got Your Back?

My Church Family

Whose Got Your Back?

My Work Family

Whose Got Your Back?

My FCS Network

Activity #3: Who Has Your Back?

Identify those entities, groups, and/or individuals that make up your social capital. Once time has been called, discuss at your table who you've included.

True friends always got your back

How Can I Improve My Networks to Emotionally and Socially Grow?

Something to Think About……

"Over the last 50 years, while society has been growing more and more prosperous and individualistic, our social connections have been dissolving. We volunteer less. We entertain guests at our home less. We are getting married less. We are having fewer children. And we have fewer and fewer close friends with whom we'd share the intimate details of our lives. We are increasingly denying our social nature, and paying a price for it. Over the same period of time that social isolation has increased, our levels of happiness have gone down, while rates of suicide and depression have multiplied."

Matthew Lieberman,

Distinguished Social Psychologist and Neuroscientist

Honestly Check Yourself

The State of Mental Health in America 2019

Over 44 million American adults have a mental condition.

Rate of youth experiencing a mental health condition continues to rise (11.93% to 12.63%)

Most Americans are insured and accessing care; but in 2018 there was a 2.5% reduction.

1 in 5 (9 million) adults reported having an unmet need.

(Mental Health America, 2019)

Honestly Check Yourself – Cont'd

In the last 30 days, how often have you:

1. Been upset because of something that happened unexpectedly?
2. Felt that you were unable to control the important things in your life?
3. Felt nervous and stressed?
4. Felt confident about your ability to handle any personal problems?
5. Felt that things were going your way?

(Hampton, Raine, Lu, Shin, & Purcell, 2015)

Honestly Check Yourself – Cont'd

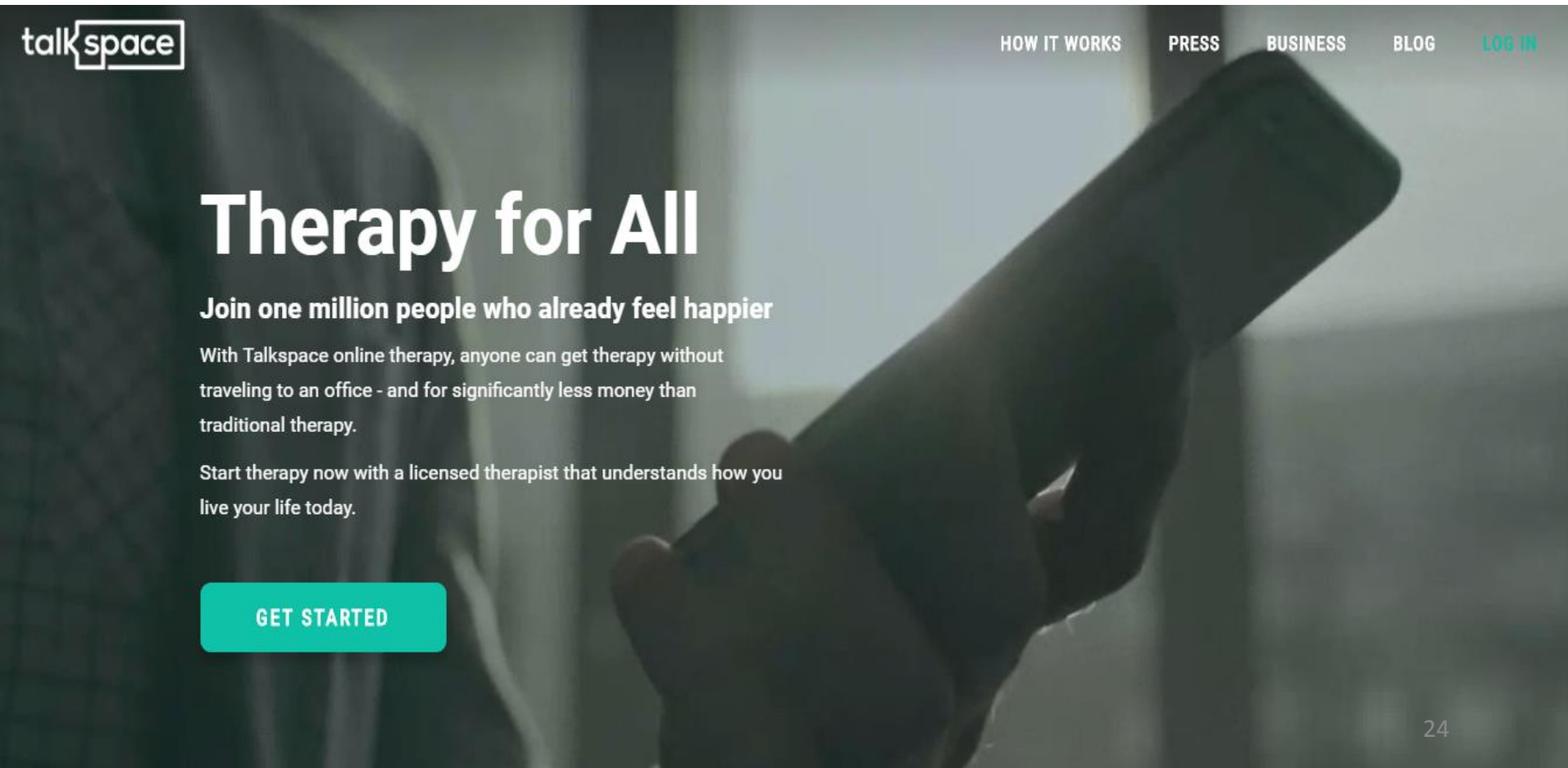**In the last 30 days, how often have you:**

6. Found that you could not cope with all the things you had to do?
7. Been able to control irritations in your life?
8. Felt that you were on top of things?
9. Been angered because of things that were outside of your control?
10. Felt difficulties were piling up so high that you could not overcome them?

23

(Hampton, Raine, Lu, Shin, & Purcell, 2015)

Access the Appropriate Resources

TalkSpace

https://www.talkspace.com/

talkspace

HOW IT WORKS   PRESS   BUSINESS   BLOG   LOG IN

Therapy for All

Join one million people who already feel happier

With Talkspace online therapy, anyone can get therapy without traveling to an office - and for significantly less money than traditional therapy.
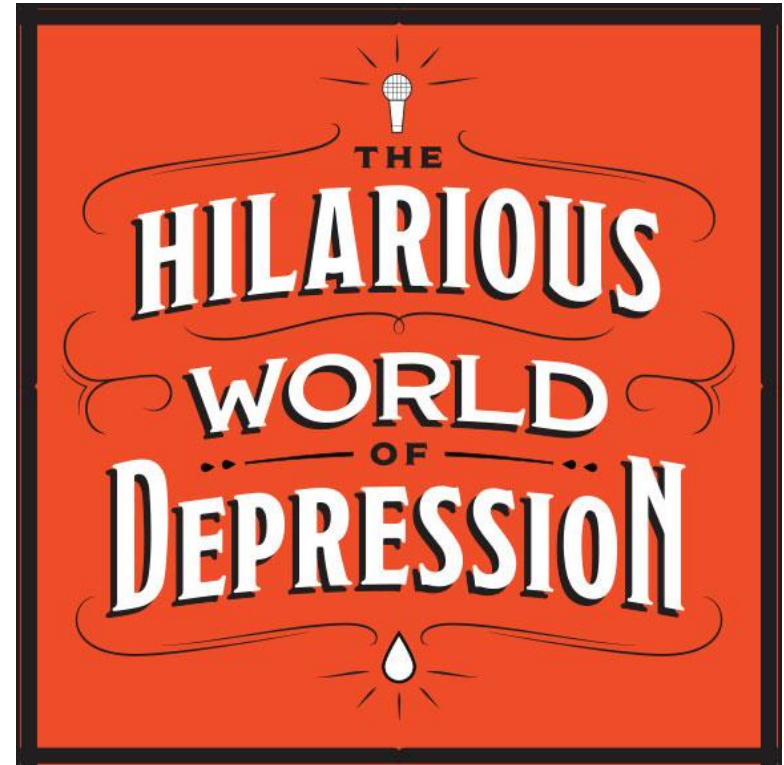
Start therapy now with a licensed therapist that understands how you live your life today.

GET STARTED

Access the Appropriate Resources

**Happy Place Podcast
with
Fearne Cotton**

**The Hilarious World of
Depression
with John Moe**

Access the Appropriate Resources

The Struggle Bus Podcast with Sally Tamarkin & Katharine Heller

Oprah's SuperSoul Conversations with Oprah Winfrey

26

Understand How Generations Connect

Traditionalists: (1920 – 1945)

- Encourage them to make their own decisions after spending the time to study and choose a correct course of action.
- Give them the opportunity to share their knowledge gained from past experience and how it might apply to a current challenge you are experiencing.

Understand How Generations Connect

Baby Boomers: (1946-1964)

- Prefer face-to-face vs. technological interaction
- You can give constructive feedback, but look for opportunities to recognize the contributions and values that they give
- Resist change if they don't believe that the change will make a substantial improvement

28

Understand How Generations Connect

Generation Xers: (1965 – 1980)

- Like to express their expertise and knowledge
- Generally, like to use technology to make things easier especially if it helps to save time and manage work-life balance
- Generation is great at collaboration, prioritizing, and solving problems

Understand How Generations Connect

Millennials: (1981 – 2000)

- Not fans of long conversations; prefer directness and through electronic means if possible
- Directness and frankness be interpreted as disrespectful
- Millennials want to be included, so don't count them out because you feel they don't have the knowledge or experience

Understand How Generations Connect

Generation Z: (2001 – Present)

- Most diverse generation in the United States, so this is considered the "norm"
- Connect with this generation based on your uniqueness
- Watching cultural norms crumble at a faster rate; they will incorporate societal issues as their perspectives

Final Thoughts and Reflections

References

Agarwal, P. (2018). Seven podcasts for mental health and well-being. Retrieved from https://www.forbes.com/sites/pragyaagarwaleurope/2018/06/18/seven-podcasts-for-mental-health/#2b99f9a0233f

DialogueWORKS (2018). Cues for connecting with people from different generations. Retrieved from https://www.dialogueworks.com/blog/how-to-communicate-with-different-generations-in-the-workplace

Graham, B. (2018). Five big differences between millennials and gen z that you need to know. Retrieved from https://medium.com/writers-guild/five-big-differences-between-millennials-and-gen-z-that-you-need-to-know-fdefb607fc41

Hampton, K., Raine, L., Lu, W., Shin, I. & Purcell, K. (2015). Psychological stress and social media use. Retrieved from http://www.pewinternet.org/2015/01/15/psychological-stress-and-social-media-use-2/

References

Johnson, L. (2016). What is social capital. A.G. Greenbert et. al. (eds), *Social Capital and Community Well-Being*. Springer International Publishing; Switzerland.

Mental Health America (2019). Mental health facts, stats, and data. Retrieved from http://www.mentalhealthamerica.net/issues/state-mental-health-america

Smith, E. E. (2013). Social connections makes a better brain. Retrieved from https://www.theatlantic.com/health/archive/2013/10/social-connection-makes-a-better-brain/280934/

Questions???