

Keeping the Conversation Going

Turning Small Talk Into Meaningful Connection



Keeping a conversation going doesn't mean you always have to know what to say next. Meaningful conversations grow when you listen, **show genuine interest, and ask thoughtful follow-up questions.**

The Golden Rule: Build From What They Just Said

Instead of jumping to the next topic, use the other person's **last statement as your next conversation starter.** This shows that you are listening and allows the conversation to develop naturally.

Academic Settings

- Them: "I recently joined the School of Social Work."
- Instead of: "What do you do for fun?"
- Try: "What has your experience been like since joining the School of Social Work?"

Casual Settings

- Them: "I moved to Los Angeles from Seattle last year."
- Instead of: "Do you have any hobbies?"
- Try: "What has been the biggest adjustment moving from Seattle to Los Angeles?"

Use the FORM Method

When you're unsure what to ask next, remember FORM. Four ways to turn someone's response into a meaningful follow-up question.

F - Feelings

- Explore how they felt.
 - How did that experience feel?

O - Origin

- Explore how it started.
 - How did it happen?
 - What inspired you to do ___?
 - How did you first become interested?

R - Result

- Explore what came of it.
 - What did you learn about yourself from this experience?
 - How has it changed your perspective?
 - What happened next?

M - More

- Invite them to continue sharing.
 - Tell me more.
 - What was that experience like?
 - Can you elaborate?



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Keep It Natural

You don't need to ask question after question. **Listen → respond → relate → ask.** Share something about yourself when appropriate, then return the conversation to the other person. The goal is a conversation, not an interview.

Remember: You do not need the perfect question. **Listen for something you can be curious about.**



Questions or Want to Learn More?

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