

How to be Cool



Read the list below. Circle, highlight or underline any words or phrases you do not understand. Be ready to share with an adult what you think each one of these means.

1. **Don't care so much about what others think of you.** You will never be able to please everyone. People have millions of ways to get under your skin. Learn to spot them and become immune. Be happy with yourself. Do what you enjoy.
2. **Be aware of how you come off to others.** In terms of physical appearance: beware of food getting stuck in your teeth, bad breath, etc. Try not to stare too much (it makes people uncomfortable), stand/sit up straight (it makes you look and feel more confident), [smile](#) generously, [be polite and considerate](#), etc.
3. **Present yourself in a positive way.** Walk with [good posture](#) and [look people in the eye](#). If you slump or stare at your feet, people won't [respect](#) you. You have to look and [feel confident](#) in order to receive the respect you need.
4. [Find real friends](#). If people don't hang out with you because you don't wear designer clothes or something, they are not real friends. Instead, find friends that see you for who you are. If the people standing in front of you can't see you for you, then how can they be your friend?
5. [Don't be afraid to be different](#), whether that means **standing up for yourself, defending someone else, or taking interest in something that no one else does, like playing an instrument**. The *coolest* people are the ones who occasionally break against the tide and make people question the status quo. Insecure people will, at times, become jealous of you. These people will try to get to you, in an attempt to take the attention off of you and bestow it upon themselves. The important thing to remember is not to smile in weakness, just ignore them. Not as if you didn't hear them, but casually and conversationally do not pay attention to what they say about you.
6. [Speak up](#). Observe people who are "cool"--they usually speak confidently and clearly, at a good pace. They don't chatter rapidly, pause, or mumble. They say what they mean, and mean what they say. [Be confident](#) in your word and don't let anyone try to change it. If you state your opinion and people disagree, don't worry.
7. [Learn how to laugh at yourself](#). Being cool doesn't mean being perfect, and being able to [find humor in your moments of clumsiness and discomfort](#) is the defining hallmark of being cool. People will not only respect you for it, but they'll like you for being human, just like them.
8. [Write a list of all of the goals you are aiming for](#). What essentially makes you cool is your identity. Try to find your talent -- sports, music, art, whatever. People will notice your passion and respect you for it. You can also learn new skills and meet new people by trying new things.
9. [Take a deep breath](#). Being cool is all about being relaxed and comfortable in any circumstance. Don't lose your cool. If you feel yourself about to lose your temper, or burst into tears, or lose control in any way, take a deep breath and excuse yourself. [Stay calm](#). That means not getting too caught up in anything, not even your cool self.

10. **Be friendly, but not excessively eager.** Everyone loves someone who is outgoing, but nobody likes someone who is overly excited or overeager. Try not to force yourself on people. Smile and strike up a conversation, but make sure you know the line between friendly and obsessive.
11. **Use appropriate language.** Don't use bad language and stick to your morals.
12. **Be a good conversationalist.** Everyone loves someone who knows what to say at the right moment. Most of the time, it is much better to be sort of quiet and analyze the conversation, enjoying the humor of your friends. Then wait for the right moment to make a comment, usually to great result. However, if you come up into the middle of a quiet group of people be playful! Joke around with them. Making fun of people is fine, but make sure that you know the limits on it and that the people you're around are the kind of people who know you're kidding.
13. **Dress how you want.** As long as your personality shines through, you can wear whatever you like. Guys have been known to get girlfriends even though they wear sweats all the time. That is definitely an affirmation of coolness. Being cool despite wearing something people generally make fun of.
14. **Refrain from using too many colloquialisms.** This may make you appear as "fake" or unable to grasp your respected language. Finding the right balance in your speech is important to making you seem intelligent and somewhat sophisticated in the presence of your peers.
15. **Keep your "cool".** The very definition of cool is being calm, composed, under control, not excited, and socially adept. Many times, cool people are those that don't get excited about things, that don't always have to talk, unless they have something cool to say. Learn how to deal with people. Don't get angry or frustrated. Being cool is natural. It's easy to do. Often times, the people who strive the hardest for coolness are sabotaging themselves by trying *too* hard.
16. **Be yourself.** Don't try to be like anyone else. Live life for who **you** are. Don't lose sight of yourself or your morals. Being cool isn't about changing who you are, its about being confident enough to let people see how awesome you really are.
17. **Feel good about yourself.** You may want to fit in and be cool at the moment, but later will you feel good about it? These are questions you need to ask yourself before making a decision. Just because you look cool, doesn't mean you will feel good later. You can still fit in and feel okay later on. Know that being cool doesn't necessarily mean you'll be with the "in" crowd. Everyone has their crowd, just make sure you like yours and you'll be fine.
18. **Don't use bad behavior to get attention.** There are many young people that take up smoking, drinking, bullying, and other bad habits. Why? After doing something bad, a person may be "rewarded" with attention. "I can't believe he did that!" people will say. It is easy to misinterpret attention as popularity, even if it's for doing something wrong. Most of the time, the people who talk about law-breaking and risky behavior do not fit into the category of cool. If a group of people doesn't like you for who you are and the lifestyle you've chosen, move on.
19. **Never Argue.** When you're cool, arguing is always canceled. You realize winning an argument is pointless. When you know you're right you just know it. You don't need to waste time effort and energy attempting to persuade someone who hasn't seen the things you have seen.
20. **Use Humor:** Cool people always use humor and ease in any situation. They don't get annoyed and angry, and no matter how many bad things happen to them they don't take it too harsh they make jokes about it.