

Social responsibility

Social responsibility is the capability to demonstrate that you are a contributing and constructive member of society. Social responsibility involves acting in a responsible and dependable way, even though you might not benefit personally. This is the act of doing things for and with others while upholding social rules.

1. **Be outward focused.** When you are interacting with others allow the conversation to not solely be focused on you. We all like to be in the spot light, but knowing that, allow others to have the opportunity to shine as well.
2. **Spread the love.** Pay attention to the needs of others. What are you hearing or seeing that those around you need? Do they need a listening and attentive ear because they had a bad day? Do they need a ride home because they had one too many beers? Do they need to be distracted with a night out because of a recent break up? Do they need you to show up on time because the deadline for an assignment is quickly approaching? If you do not know what they need, ask.
3. **Give back.** We have so much. There are so many opportunities to give back. Find a charity or organization that you can get passionate about and help make a difference in our world. You may think, “what is the use, there are so many people in need”, but it takes everyone to be willing to do a small part to make a collective difference. You will be surprised how much satisfaction comes when you give back.
4. **Visit a success coach.** If you would like more information on this topic visit a success coach. To book an appointment, visit the student success office (2nd floor of south campus hall) or call 519-888-4567 ext. 84410.



Adapted from - Stein, S. J. & Book, H.E. (2006). *The EQ Edge: Emotional Intelligence and Your Success*.
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