赵之航 2018311178

Outline

**General Purpose:** To persuade

**Specific Purpose:** To persuade my audience to stop being a loner and try harder in making friends.

**Central Idea:** Having more friends is much more joyful than being a loner, stop being isolated and embrace friendship will benefit you a lot.

**Introduction:**

***Attention:***

**I.** We find it more difficult to make friends as we get into the university, which could cause loneliness.

**II.** Some may comfort themselves by using statement like great people don’t fit in.

**III.** But I can’t help thinking that is it really the case?

**Body:**

***Assumption:***

**I．**The reason why someone is in support of this claim and choose to be a loner.

1. Prefer sparing more private time to pursuit some self-enhancement .
2. Not that good at socializing.

***Analyzation:***

**II.** What exactly did you do when you refuse people’s invitation?

1. Spare more private time to pursuit some self-enhancement.
2. Stay in the dormitory playing games or watching videos.

**III.** Do you really have the capacity to be a loner?

1. A specific aim and certain amount of self-control.
2. Courage and skills.

**IV.** Benefits of having friends.

1. Example: Get information related to examination from friends at school.
2. People to turn to when facing troubles, shoulders to lay on when feeling grieved, parties to attend when desiring joy.

**V.** Start making friends by joining in the group and attending some party which interest you.

**Conclusion:**

**I.** Loneliness is not as good as you used to think.

**II.** Friendship will give you amount of pleasure that you can’t image.

**III.** Stop being isolated and embrace friendship!

Speech Script

Stop Being Isolated and Embrace Friendship

As we get into university, we may find it difficult to make friends due to the studying mode’s changing. This may cause loneliness in school. Some may comfort themselves by using statement like great people don’t fit in. As time gone on, they may obsess with these viewpoints like, “Conformity is the first step to be ordinary” or “The more gregarious you are, the less independent you’ll be”, which seem apparently reasonable. But I can’t help thinking that is it really the case?

Actually, I try to figure out the reason why someone is in support of this claim and choose to be a loner. Is it because you’d like to spare more private time to pursuit some self-enhancement or is it just simply because you’re not that good at socializing? When you turn down your roommate’s invitation to eat out, when you skip a class activity, do you actually make good use of time to study, to read a book or you just stay in the dormitory playing games or watching videos. To be frank, maybe here is the thing, your so-called social misfit is just a cover for your poor interpersonal skills. Unable to be a social person and unwilling to make effort to improve that, then you choose a way to escape.

And, think about that, do you really have the capacity to be a loner? Actually, true social isolation requires a specific aim and certain amount of self-control. After turning down meaningless things and unnecessary interpersonal relationships, it’s the time you need to figure out what you want to do most and fill your blank time with a reason arrangement. Also, some self-control is needed to make sure you actually do it.

Apart from that, it takes courage and skills to be a loner, because you have to reject a dozen of invitation from people around you, which may sometimes offend one or two. So, you are supposed to think about is it really worthy to disappoint your close friends, your roommates just for saving yourself a little private time? Do you actually want this?

Besides, you can benefit yourself by making friends. For example, you can get information related to examination from friends at school, which is quite useful. You have to admit that there are a lot of things you can’t do it on your own. Thus, it seems having more friends is not that bad.

Friends means you’ll have people to turn to when facing troubles, shoulders to lay on when feeling grieved, parties to attend when desiring joy. Compared with friendship, you may find loneliness is not as good as you used to think.

However, for those who was not very social in the past, it may take time, efforts as well as courage to fit in and make more friends. I know what it feels, I’ve been there, too. Maybe it’s difficult at first, but I believe you will find it worth your effort when you finally make it. Just start join in the group and attend some party which interest you. At first you may feel awkward, but gradually you’ll familiar with others, and, I don’t know, you may get yourself a boyfriend or girlfriend, which is impossible if you choose to be a loner.

All in all, stop being isolated and embrace friendship! It will give you amount of pleasure that you can’t image.

That is all I want to say, thank you for your listening.

Bibliography:

1. Stiles-Shields Colleen,Driscoll Colleen F Bechtel,Rausch Joseph R,Holmbeck Grayson N. Friendship Quality Over Time in Youth With Spina Bifida Compared to Peers.[J]. Journal of pediatric psychology,2019,44(5).
2. Chiao Chi,Chen Yu-Hua,Yi Chin-Chun. Loneliness in young adulthood: Its intersecting forms and its association with psychological well-being and family characteristics in Northern Taiwan.[J]. PloS one,2019,14(5).
3. Mengting Li,Weiqiao Fan,Xinyin Chen,Fanny M. Cheung. Independent and interdependent personalities at individual and group levels: Predicting loneliness in Chinese adolescents[J]. Personality and Individual Differences,2019,147.