

How Long Does It Take to Make Friends?

Vocabulary Matching

bonding time	a. put time/energy into something to get a benefit
casual friends	b. people you know fairly well but not extremely close to
force	c. people who don't know each other
invest effort	d. something that is very important
linked	e. time spent developing a close relationship
priority	f. make someone do something against their will
strangers	e. time spent developing a close relationship
valuable	f. make someone do something against their will

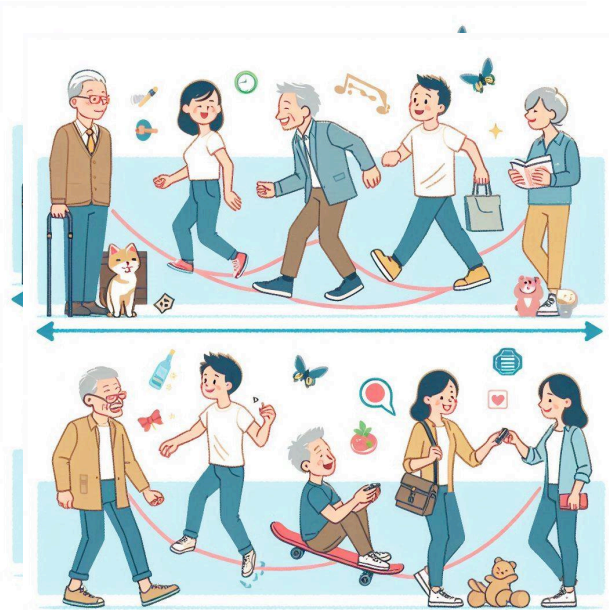
Gap Fill

A recent study (1) _____ at how long it takes to make friends. It found it takes around 50 hours together to become (2) _____ friends from strangers. It takes 90 hours to become simple friends. And over 200 hours to be (3) _____ friends. This means fun time like (4) _____ out, not just working together. We have to put in that (5) _____ time, you can't become friends immediately. For the study, they (6) _____ over 450 adults about new friendships. When people start a new friendship, they try to spend more and more (7) _____ together quickly. However, both people need to (8) _____ the friendship. You can invite someone to do activities together to show you want to be friends.

hanging
surveyed
casual
time
looked
want
close
quality

A 2018 study looked at how long it takes to make friends at different levels. The study was done by Professor Jeffrey Hall from the University of Kansas.

The study found that it takes around 50 hours of time together to become casual friends from being strangers. It takes 90 hours to become simple friends. And it takes over 200 hours before you can consider someone a close friend.



This means time spent hanging out, joking around, playing games and doing similar fun activities together. Just working together doesn't really count as bonding time.

Hall said we have to put in that quality time together. You can't become friends immediately. He said maintaining close friendships is one of the most important things we do in life.

For the study, Hall surveyed over 450 adults who had recently moved house or started university. He asked them about new people they met and how those friendships developed over time.

He found that when people start a new friendship, they quickly try to spend more and more time together. Some new university students spent one-third of their waking hours with a new close friend.

However, both people need to want the friendship. Hall said you can invite someone to spend time together, but you can't force it. He suggests making friendship a priority by doing activities outside of work/school to show you want to be friends.

Previous research has linked having good friends early in life to being happier later on. So investing effort into making new friends can be very valuable.

True/False:

1. The study showed it takes 100 hours to become casual friends.
2. Casual friends are people you don't know very well.
3. Just working together counts as bonding time for making friends.
4. We have to spend quality time together to develop friendships.
5. The study surveyed over 1000 people.
6. When starting a friendship, people try to spend more time together quickly.
7. You can force someone to be your friend.
8. Having good friends early in life is linked to being happier later.

Discussion Questions:

1. Do you agree with the study's estimates of how long it takes to make friends? Why or why not?
2. What factors do you think affect how quickly friendships develop?
3. How important is it for you to make new friends? Does it get harder as you get older?
4. What are some ways to show someone you want to develop a friendship?
5. Have you ever had to make an effort to become friends with someone? What did you do?
6. Do you think friendships formed when younger tend to be stronger? Why or why not?
7. How has social media and technology impacted your ability to make and maintain friendships?
8. What role do you think shared interests and activities play in developing friendships?