



### Communication Tips:

Gen Z students prefer direct communication that is more personalized to them. However, they also prefer written communications like text messages and emails so that they can answer on their own time. Phone calls may go unanswered if they do not recognize the number, so that is not always the best way to get in touch with them.

People in Gen Z tend to prioritize having a work-life balance. They want to know how to work towards their future goals without sacrificing their present happiness. This may include wanting to take fewer credits to join an extracurricular club or sport or keeping setting their notifications to Do Not Disturb at times. It's important not to be dismissive of these ideals or it may alienate students.

Gen Z also appreciates transparency and sincerity, so being realistic with them is necessary to good communication. Sharing personal stories to make a connection can help, as can reassuring them that it's okay for them not to know everything right away.

### Training Highlights

Communication Tips

Words & Phrases

Who is Gen Z?

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Be seen. Be heard. Belong.

## Manifesting

Manifesting is a way some Gen Z people try to improve their health and wellness by imagining the future they want in different ways and then working towards “manifesting” that future. This can include creating vision boards or writing down goals. By externalizing future goals, it can help make those goals a priority.

## Who is Gen Z?

Some of the defining characteristics of Generation Z are:

Social	Digital Natives
Multi-Taskers	Cautious
Entrepreneurs	Less Focused
Educated	Tech-Savvy
Philanthropists	Interactive



- **Slay**
  - Used to describe anything “cool” or if a person has succeeded at something
- **The ick**
  - Someone or something makes you cringe
- **I’m in my \_\_\_ era**
  - Fill in the blank with something you’re interested in for a short time
- **W**
  - A win
- **That slaps**
  - Something is so good, it hits the spot
- **Spill the tea**
  - Sharing news or a story
- **Side eye**
  - A face made when you are showing confusion or disapproval at what someone else said
- **Standing on business**
  - Keeping your word
- **Do it for the plot**
  - Doing something so you have a story to tell, add excitement into your life
- **Delulu**
  - Short for delusional, fake it until you make it