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The Powers of Observation

The Jordan Heim Project

They say that the eyes are the windows into the soul. So when you make that subtle glance at someone and they make eye contact back you are forming a bond of nonverbal communication. This connection can be something so subtle and quick that you might not even notice it. It could also be something that you will find yourself doing - looking at someone and then quickly changing your gaze when they catch you looking. So what does this all mean? Eye contact is one of the strongest forms of body language and, with practice; you could very easily understand what all those eye movements mean. One of my little quirks is noticing what people do with their eyes. I am not an expert, but darn close. 😊 Here a few things that I have learned from different people especially in the last few weeks:

1. When someone is looking at you and they hold their gaze, they are showing interest in talking to you.
2. When someone is looking away or at the floor, he or she is probably shy or timid.
3. If a person's pupils are dilated this means that he or she is interested in talking and being with you, but it also might mean that person is doing drugs or drinking. So, don't get your hopes up.
4. If someone is looking off with glazed-over eyes, they are likely in deep thought. It also might mean that they have a binocular vision disorder.
5. When people are blinking slowly this probably means that you are boring them and you should quickly change the topic. On the other hand when someone starts to blink excessively this could mean that they are romantically interested, they are stressed, or lying to your face.
6. Rolling your eyes, which I must admit I do, without even realizing it is a sign of disagreement

One final warning before you go out and start staring at people. Do not judge them solely on their eyes as these tips are just a baseline. Get the courage to go up to them and strike up a conversation and maybe you will find that you have a lot in common.