

CONNECTING WITH OTHERS AT UNI

Tips and information



Making new friends and social connections at university might seem like a daunting task and outside of your comfort zone, especially as much of the interaction is now online. Connecting goes beyond communicating to building friendships, academic and social peer support systems.

Building these relationships is an important part of your university journey and to support you we have put together some helpful strategies and tips.

Be open.

Try to have new experiences and meet new people that you might not naturally gravitate to. Practice being inclusive and embracing diversity. Being at university is all about broadening your world view both in curriculum and outside of curriculum.

Smile and say hi to others.

Where possible, turn on your camera if you are having a class or meeting on Teams/Collaborate/Zoom, this helps others to relate to you and for you to relate to others when you can see their faces and reactions simulating more of a face-to-face interaction. If you can't turn on your camera, place a picture on your profile that represents you to help connect with others.

Take hold of opportunities to interact.

Whether it is in online breakout rooms or face-to-face interactions, communication is the first step to connection.

Practice active listening and respect the opinions of others.

Ensure that everyone has the opportunity to raise their views.

Be proactive and invest in friendships.

Set aside time each week to contact one of your friends. Express appreciation and let your friends know that they are important to you.

Form a study group.

Studying together helps you in your studies and builds friendships. Create a Team on Microsoft Teams and get chatting. Arrange a regular time to meet weekly or fortnightly.

Get involved in any inside and outside of curriculum activities.

Volunteer for things that you care and are passionate about. Join a student club, at Griffith we have over **120 clubs and societies**, which are a top way to meet people who share your interests.

Stay connected through online communities.

From virtual fitness classes to online community internships there are so many ways to stay connected. Check out different **online communities** at Griffith.

Support

Sometimes it might be hard to settle into and navigate through uni. If you are struggling, reach out for support, there are many **different services** that are here to support you depending on your need.

If you are experiencing emotional difficulties and need to talk to someone contact the **Counselling and Wellbeing** service.