

UNIT 3

Get Connected

Starting college today is likely to change your social world and access to support in significant ways.

Some of these changes are exciting:

You get to meet new people and be a part of new groups. You may discover new interests and expand your community.

Some of these changes are challenging:

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Reflect on your map as a snapshot in time.
Then, read over the descriptions of the
“Get Connected” tools that follow.

**Select 1-2 actions that are of
greatest interest to you, and
practice them this week.**

**After you practice,
complete the Reflections page.**

Keep Up Your Connections

There are many ways to keep up your connections with people in your circles now, even in the midst of great change and challenge.

Reflect on:

Consider the following suggestions and
make a plan to do **at least one** this week:

Reach out

A phone call, text, or email go a long way. Let someone in your circle know you are thinking of them, or share part of your day.

Express gratitude

The simple act of thanking someone not only makes that person feel better, it also can make you feel better too! Think of something someone has done for you lately and let them know you appreciate them.

Have fun

Get together virtually with your friends online to share a hobby, play musical instruments, watch viral dance videos, sketch together, play virtual board games, try card tricks, knit, and more! It can take time to make new connections. It's often helpful to rely on friends you had before college during this transition.

Schedule a time to connect

Ask someone in your circle to schedule a time to connect. This could be a one-time connection or something you plan for each week.

Learn together

Learning together with another person is a great way to connect.

Here are some ideas.

Ask someone to join you in exploring a creative project or idea.

Use digital tools to collaboratively write or create across distances.

Ask someone to talk about what you are learning in this class, read the same book, or watch a movie online together.

Share on social media what you are learning about the COVID-19 pandemic and the movement for racial justice.

Build New Connections

Your manager may get you thinking about the need to make some new connections.

Reflect on: Are you experiencing challenges and are unsure of who can help? Are you interested in doing new and fun things but unsure with whom



