

UNIT 3

Get Connected

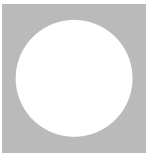
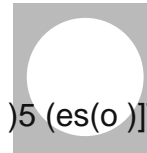
Starting college today is likely to change your social world and access to support in significant ways.

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 collabor-
atively 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 map 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



