

How often

»»»»» DO WE SAY «««««



Hi!

to the

PERSON

SITTING NEXT TO

US?

Connect

FIND WAYS TO CONNECT AT
www.wgtn.ac.nz/wellbeing

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8 WAYS TO CONNECT

- 1 Say "hi" to the person next to you in a lecture.
- 2 Create a study group.
- 3 Listen and be in the moment. Don't just think about the next clever thing to say.
- 4 Share lecture notes.
- 5 Don't mind what strangers think. Occasional rejection is all part of it.
- 6 It's a bit like starting a new job - you need to put yourself out there (even if it is a bit daunting).
- 7 Keep an open mind: try talking to people who you feel are different from you.
- 8 Keep it light. Smile and don't take things too seriously. (Remember you're awesome!)

“ FEAR MAKES STRANGERS OF PEOPLE WHO WOULD BE FRIENDS. ”

— SHIRLEY MACLAINE, Actress

What are you afraid of?

Make new connections and meet people interested in the same thing as you

Take advantage of clubs, groups, workshops, volunteering, mentoring and leadership opportunities and activities both on and off campus.

There's something for everyone:

- Volunteering programmes
- Leadership and mentoring programmes
- Over 130 student clubs and societies
- Sports leagues
- International and cultural exchanges



To see the full list, check out the Student Guide or visit:
wgtn.ac.nz/students/get-involved

NOW

IS A GREAT TIME TO



THE ART OF CONVERSATION

It's easier than you think to find things to talk about with other students:



Ask someone where they think the best place for coffee is.

Get someone's opinion on great places for good, cheap food.



Check in on how people are going with an assignment. Propose a study session together if it's a tricky one.

Be interested in someone's background or how they grew up.



Get to know what music someone's into.

Don't just wait for your turn to talk; pay close attention to really hear what's being said.



“ MASKS ISOLATE. CONNECT BY BEING OPEN AND BEING YOURSELF. ”

If you're starting to miss home...



Start building your home away from home and **CONNECT**.

Having people who can support you here makes for a great second home.

Find communities on campus here:
wgtn.ac.nz/students/get-involved/communities

15%

Of people meet their future spouses in uni.

*so...you never know where saying 'hi' could lead :) ¹

DID YOU KNOW?

“Connectedness” makes life better.

In a survey of over 30,000 youth, researchers found that “belonging to a community of others” was the strongest protective factor against issues like poor body image, emotional stress, multiple drug use, school absenteeism, risk of injury or unplanned pregnancy.²

¹Source: The Social Organization Of Sexuality, University of Chicago, 1994
²Source: ecommons.library.cornell.edu/bitstream/1813/19327/2/places.pdf



1#

PAY IT FORWARD CHALLENGE

Talk to the shyest person in a group or class. Give them a chance to feel heard and included.

2#

PAY IT FORWARD CHALLENGE

Help carry books or bags for anyone who is struggling with them.

3#

PAY IT FORWARD CHALLENGE

Do a classic pay-it-forward: when you're in a queue for a cup of coffee or a pie, pay for the person behind you.

Hi!

If you're struggling to connect, feeling homesick, lonely or need support, we have services that can help.

Free to take!

For a list of our support services, visit:
wgtn.ac.nz/students/support

