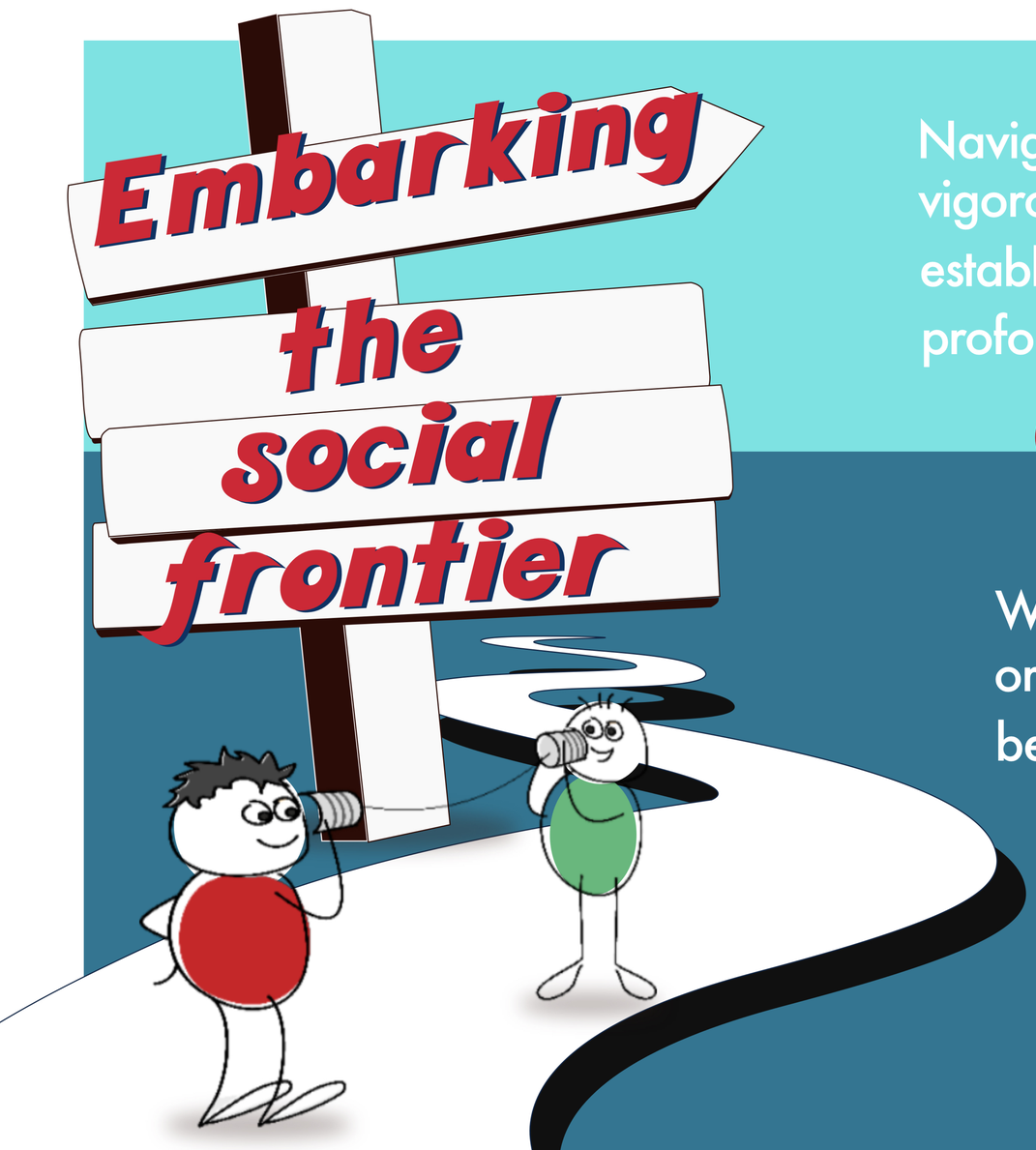
Embarking the social frontier



Navigating the social environment of college while managing the vigorous Dartmouth term system can be tough, but maintaining established friendships, while also creating social ties, can have profound effects on our well-being & success.

Connecting Matters

Whether it's hanging with a BFF, chatting with a classmate, or Facetiming with your Mom, social ties of all kinds are beneficial. They:

- *Increase resiliency against stressful events*
- *Increase happiness & well-being*
- *Sharpen memory*
- *Stave off colds*
- *Just feel* **GOOD**!

It can take time to develop social ties! We've all had moments of feeling less connected- be patient and think of it as a unique part of the college experience.

Social Skills 101

Extrovert *or* ***introvert***, *there are science-backed ways for all types to cultivate* ***social relationships***:

- A simple **NOD AND SMILE** to a passerby can have positive impacts on both you and the recipient.
- Instead of comparing and judging ourselves to others, **CELEBRATE** a roommate's new internship, a classmate's successful term, or a friend's stellar performance!
- Next time you're in a conversation, try setting aside your phone & practice **MINDFUL LISTENING** by fully focusing your attention on that person and what they are saying.
- Adopt a **GROWTH MINDSET** – New social scenes can be scary. Try viewing uncomfortable situations as challenges & opportunities. In the end, those social struggles can help us grow, improve, and maybe even contribute to creating lasting friendships.



Unbreakable Bonds

Even though your hometown besties, buddies, & families may be miles away, there are ways to maintain even the longest-distance relationships

- **Connect regularly and often** – interacting regularly with distant loved ones helps you feel connected. You can send texts & photos, Facetime or Skype, or send snail mail and care packages.
- **Same time, same day** – make a plan to connect with your family and/or friend(s) at the same time each week.
- **Accepting and understanding** – acknowledge that your relationships will most likely shift and change over time.
- **Hug it out...on the phone** – Research shows that hearing the voice of a loved one can be as powerful for feeling less stressed and more connected as receiving physical contact like a hug.
- **Dinner and Netflix** – plan a virtual hang session. Have a meal "together" or plan to watch the next binge-worthy Netflix show at the same time.

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