

MAKE FRIENDS

UNI LIFE

# Making Friends – How the f\*ck do you make friends at uni?

by Dom Lepore

When starting uni, perhaps the most daunting thing is making friends. It's almost miraculous, occurring when you least expect it. When I began studying after a gap year, I wasn't in the best position. My high school friends were already busybodies, having settled into their study routines. Meanwhile, I was basically alone, entering this new journey with few supportive crutches. My reservedness certainly didn't help either—I'm sure many others are struggling to cross that hurdle too!

“New friends appear whenever you're not expecting it!”

So, what gives? How did I go about befriending other students, when it seemed like all odds were against me? Truthfully, it came down to putting myself out there. Again, new friends appear whenever you're not expecting it!

There are so many little things you can do that'll lead to lasting connections. The UMSU Host Program? Every new student is in the same boat: practically everyone is a stranger. Once my tour group split apart, the person I was with ended up being a helpful study buddy across my first semester. How about the tutes? It might not sound surprising, but talking with the first student you sit next to can go a long way. From experience, it reaps rewards. After exchanging socials—a must—I've been dragged to lunches, study sessions, and parties with new-found friends who I thought I'd only see during the semester.

Your approach and determination to engage with new people play into making friends. For me, that initially seemed dire since I was unsure about my nervous traits. However, all the new people that you meet won't have a clue about who you are. The greatest advantage is in your hands: a first impression. Therefore, if you want lasting uni pals, the best thing to do is to seize that very opportunity!

SUPPORT

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# Things I wish I knew before starting uni

by Maleeka Quick

Despite there usually being significantly fewer classes than there ever were in secondary school, you'll be covering a lot more content in your university subjects. The onus is on you to keep up with everything and I recommend summarising content at the end of each week. When you suddenly have three assignments due in the same week, it won't feel like such a scramble to collect your thoughts together.

As you start to complete your first few assignments, your results may surprise you. Perhaps you've never seen a score that low before during secondary school, let alone in what you thought was your best subject. Unless you've found yourself losing passion for this area of study, don't take this as a sign that you need to change your future study plans.

There are plenty of learning curves in first year subjects as you adapt to the different learning and assessment formats. This will get better over time, but also make sure to seek assistance and learn from your mistakes. Other students in your classes may seem to be

having an easier time of things but understand that everyone comes to university with different learning backgrounds. Refrain from comparing yourself to others and don't let this sway you from your goals.

It may be tempting to study everyday (especially when the tasks start to pile up), but I'd recommend planning days off from study at least once every other week. It's really important to give yourself a mental break during the semester to ensure you don't get burnt out by the time exams and final assessments come along.

“University is important, but your mental well-being is even more important.”

Take the time to meet new friends, go to that interesting club event, or pursue a new volunteering opportunity!