

SOCIAL SKILLS

Social contact is a basic need. Some need it more than others, but everyone needs some form of social contact to feel good.

Education in corona times, with a mix of "on campus" and online classes, makes the transition to a new university environment and **establishing new social contacts** even more challenging.

Study Guidance is happy to help you get started with **some tips** and **facts**.



HOW TO INTERACT 'ON CAMPUS'

- Be **approachable**, adopt an open attitude
- Start the conversation with a **common topic**, e.g., finding your way around campus
- Be candid and positive, ask **open questions**
- End the conversation **positively**, exchange contact information

Commuter or dorm student?

- **Commuters:** agree to take the same train
- **Dorm students:** agree to e.g. cook together
- **Dorm students:** talk to the Kotcoach!

↑↓ Establish contact outside your close circle, too!



HOW TO INTERACT ONLINE

Tips and tricks

- Use **VUB channels**, e.g. discussion boards on Canvas
- Connect through groups on **social media**
Ex. Facebook group 1 BA Law VUB *academy year
Attention: handle information on these pages critically
- **Study** and **pause** together digitally, e.g. via Microsoft Teams
Create a feeling of studying with YouTube videos
- Participate in **VUB initiatives** such as the VUBuddy project



PUSH BOUNDARIES

Discover your new environment

- Take your time to get to know Brussels
 - Discover the Sonian Forest or one of the many parks in Brussels
 - Visit museums
 - Go to one of the many antique markets in Brussels
 - Maybe you could take up a new hobby downtown?

- Student organisations and associations organise a lot of activities

DON'T FORGET...

- That it is exciting for everyone**

Getting to know someone, addressing a stranger,... Getting into a new environment is not easy and can cause tension. Know that this is the case for all new students. Dare to approach fellow students, they are going through the same thing and will be happy to have a chat with you!

- That your fellow students should not immediately become your BFFs**

Sometimes there isn't a good match with your dorm mates or fellow students. Know that different forms of friendships are also possible. Do not expect that all the people who are in your bubble will or should become your best friends. Give forming friendships time.

- That you don't need 50 friends to be happy**

Humans are social animals and need interaction, but it is okay to make only a few friends. Research has also shown that we can only form intimate bonds with a few people around us.

- That it is okay to be alone**

Not everyone has the need to be constantly surrounded and it's not always possible: sometimes schedules don't coincide, sometimes you're expected somewhere else,... It's okay to eat something alone at the restaurant, sitting alone reading a book, ...

- That STUDY GUIDANCE CARES**

Are you struggling with the transition to higher education? Not feeling good about yourself? Know that Study Guidance is here for you! Find out what we can do for you here.