

Friendships During the Pandemic

Making friends in virtual classes: Connecting with classmates

- Connect on social media (e.g. Facebook, Snapchat, Instagram, GroupMe, Discord).
 - If there are people in your classes you would like to get to know better, you can friend them on Facebook or Snapchat, or request to follow them on Instagram.
- Classes may also form a “GroupMe”. If you want to be added, ask someone in your class that you are familiar with. If you don’t know anyone in your class, pick someone who seems approachable. You can send them an email and say something like:

“Hey John! It’s Caroline from your Psychology 201 class. I was wondering if there is a GroupMe for our class, and if so can you add me?”

Making friends in virtual classes: Planning study sessions

- Plan a zoom study session. Your class size may be large, but you can break that down into smaller groups and invite some classmates you’ve gotten along with in class to meet up and do work together.
- To ask people if they would be interested, you can send an email or text to your classmates you are friendly with that says something like:

“Hey John! It’s Caroline from your Psychology 201 class. We have a test coming up next Friday, and I am trying to put together a Zoom study session for people in our class. I was wondering if you would want to study together next Wednesday or Thursday before the test at 5pm?”

Staying Connected to Friends and Family

- Reach out to your friends and family and stay in contact through social media, text, or calling them.
 - Set up a time to talk to a family member or friend you at a frequency that works for both of you.
- Use technology to your advantage
 - Set up a movie night or coffee date with a friend via Zoom.
 - Play a game with them online
- Join an online club or book club. <https://nest.cua.edu> is a great place to find clubs here at CU. Many clubs are still making an effort to host virtual meetings or keep people connected, even if they are not meeting in person.

Staying Connected to Friends and Family: Assessing Other’s Comfortability

- Before you talk to someone else, decide what you are comfortable with. What are your boundaries surrounding meeting up with other people?

- Talk to friends or family about what they are comfortable with. You may be able to meet up with a few people in person.
- To see if someone may be interested in meeting up in person, you can say something like:

“Hey John! Would you be comfortable meeting up in person soon? If not, I totally understand! If you are, I’d be happy to meet up outside for a walk or something with masks. Let me know what you are comfortable with!”

Things to Keep in Mind

- Everyone is dealing with many things right now. Be kind and considerate. If people don’t respond right away, reach out again in a kind and understanding way.
- Encourage your friends to talk with you and share their feelings or experiences. These conversations will disseminate a sense of normalcy and an assurance that no one’s going through this alone.
- Everyone has their own level of comfortability. Be kind and respect that everyone has different circumstances.
 - Always be honest about the activities you are doing and people you are seeing so that your friends and family can make a decision about what they are comfortable with.