What this guide is about

Friends support us emotionally, socially, possibly financially... Having a social life is invaluable for developing academically and professionally. This guide suggests strategies for connecting with others during your time at Carolina. Specific phrases can be found in the Small Talk guide.

What are you looking for?

Know yourself.

- Possibly start with a smaller or familiar setting. It makes talking easier.
- Think what’s worked in the past and whether it will work here.
- Prioritize and make goals. Campus life can be overwhelming.

How do you meet new people?

Be spontaneous and opportunistic.

- In class, arrive early and sit next to people you’d like to talk to.
- Form/join clubs, study groups, or sports and stay active.
- Volunteer or get a job.
- Do things in public places where conversations happen.
- Meet friends of friends.
- Go to events and parties.

Student Organizations, Campus Rec, UNC Residence Life, CUAB Events, UNC Events

How do you talk to new people?

Avoid talking about yourself and school/work.

- Smile and stay agreeable.
- Pay attention to current events and what others talk about.
- Contribute your own ideas to the topic of conversation.
- Ask open-ended questions about the topic of conversation.
- Introduce relevant or follow-up topics with people you’ve already spoken to.

How do you get to know people better?

Be consistent.

- Build a daily or weekly routine of talking to people.
• Connect with them online (e.g. Facebook).
• Ask them about themselves and support them.
• Show them things you’re interested in that they may like.
• Spend time together outside of usual meeting settings.
• Socialize together with their friends.

How do you keep in touch?

Stay proactive.

• Don’t wait for them to contact you.
• Share information or invitations relevant to their interests.
• Schedule dates / holidays / birthdays to contact them.

This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 2.5 License. You may reproduce it for non-commercial use if you use the entire guide (just click print) and attribute the source: The Writing Center, University of North Carolina at Chapel Hill