

Lesson 2: Communicating and connecting with others

Communication is a big part of making and keeping friends

Read through and think about each of the following:

- How to make friends in college
<https://www.thoughtco.com/how-to-make-friends-in-college-793385>
- Expert Advice on How to Make Friends in College
<https://www.healthline.com/health/mental-health/ask-the-expert-how-to-make-friends-in-college>
- How To Make Friends in College: 7 Tips for Finding BFFs at School
<https://www.teenvogue.com/story/how-to-make-friends-in-college>
 - (note, this mentions dorms but we have many common areas on campus and they are a great place to meet people!)
- Why Communication Skills are Essential in College – TeachHUB
Effective communication skills are vital to college student's academic success, whether it be written or oral. Strong communication skills aid their future.
<https://www.teachhub.com/teaching-strategies/2021/09/why-communication-skills-are-essential-in-college/>
 - Notice that this article, while short, has links that can help you learn and practice your communication skills