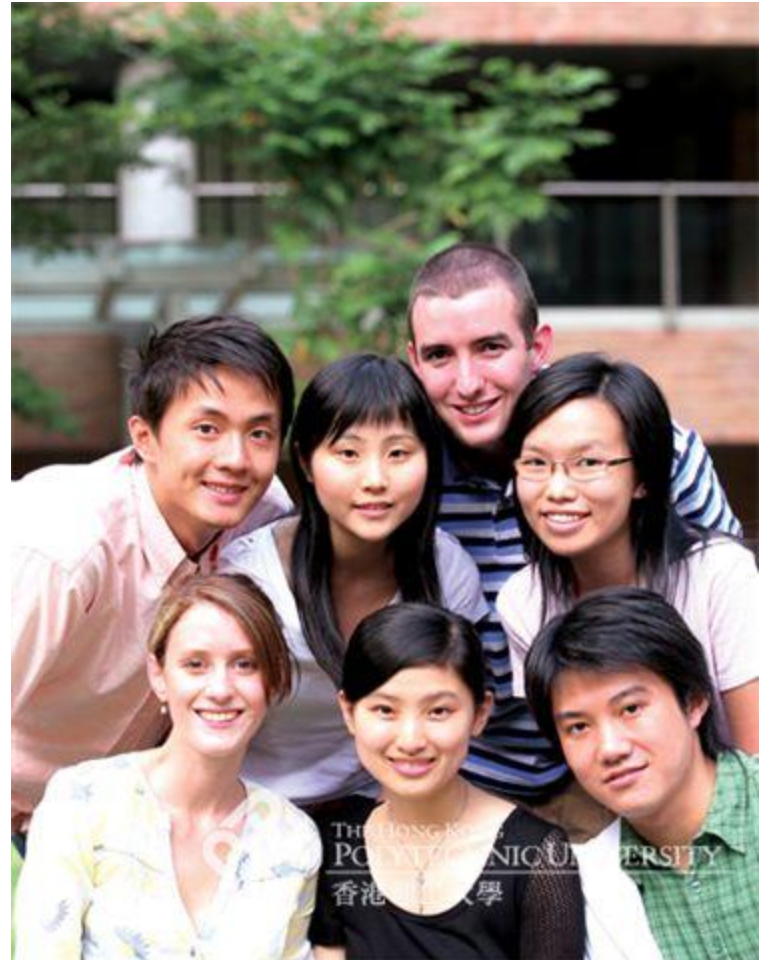


# Making Friends in the University Life



When the first-year students first come to the university, they would like to establish new relationship and make new friends. However, some students may find it **hard to make friends** here. Possible reasons are:



- ✓ Life is too busy
- ✓ There are many people around, but the relationship is not so close
- ✓ There are not enough chances for them to make different friends
- ✓ Lack of motivation
- ✓ Difficulty in dealing with differences with the others
- ✓ Lack of social skills

- You may feel that **life is happier** when you can make friends in the university life. So why not do something to make more friends and establish long-lasting relationship here?



# TIPS

**on making friends in  
the university life**

- Be active in joining different activities to increase the chances of knowing more people
- Take initiation to get to know others



- Communicate your ideas and thoughts effectively
- Communicate your feelings both verbally and non-verbally
- Listen to others' problems constructively and respond in helpful ways



- Disclose yourself to others to let them recognize you as a distinct and unique individual
- Build trust between yourself and others
- Face conflicts with the other person and resolve them constructively
- Manage anger and stress in constructive ways
- Value diversity and build relationships with individuals who are different from you
- Overcome the internal barriers to relating effectively with others.



Do come to talk to us if you want to make more friends in the university. We are always here to listen to and support you. Let us work together to make your university life happier and more enjoyable.

# You can make an appointment with our Counsellors by:



On-line booking:  
[www.polyu.edu.hk/sams](http://www.polyu.edu.hk/sams)  
Phone booking: 2766 6800

Website:  
[www.polyu.edu.hk/sao/cs/consulting\\_services](http://www.polyu.edu.hk/sao/cs/consulting_services)