STUDENT health101™

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Top 10 Ways to Meet People

Most students feel nervous talking with new people. Saying hello and asking a few questions can get a conversation started.

1. Get out! Spend time outside your room.
2. Offer compliments. Start a conversation by commenting on something you notice.
3. Look up from your phone. Smile, make eye contact, and say hello.
4. Check out local meet-ups. Head for one or organize it yourself.
5. Expand your circle. At social events, talk to at least one new person. Have a mutual friend introduce you and point out similar interests.
6. Take a fitness class. Ask other attendees what brought them there.
7. Join a club. Help organize or attend programs. You'll meet people with interests similar to yours.
8. Volunteer. Service to others is a great way to make new friends.
9. Attend community events. Find off-campus readings or concerts. Ask people's opinions afterward.
10. Do the things you enjoy. You'll have something in common with whomever you meet.

IN THIS MONTH'S ISSUE OF *STUDENT HEALTH 101*:

That Thing at the Gym?
What It Is & How to Work It

READ *STUDENT HEALTH 101* TODAY:
http://readsh101.com/wlu.html

Student Health Center
540-458-8401
Lower level Davis Residence Hall

Counseling Services
540-458-8590
Early-Fielding

Office of Health Promotion
540-458-4501
Elrod Commons, Room 250

Campus Recreation
Warner Center 416
540-458-8244