



Friendships can be a rollercoaster. Now, imagine a rollercoaster on a deserted island surrounded by sharks. *Scary, isolating, and confining!* Making long-lasting friendships at university and in your adult-life can be even more difficult to what we're used to – with conflicting priorities, schedules and lack of opportunity. *We hear you! We've been there! And we'd like to help...*

Our Experiences at Making Friends

“Honestly - asking the people who sit next to you or are in your classes to grab a coffee after class! In my first year ... 2 of my friends and I would get coffee next door and just chat about the class and our lives for hours on end. It's always been such a good way to bond over a good (or even bad) class - one of the girls ended up moving back home and we still regularly talk!”

– Arissa M., Secretary

“For me it was stepping out of my comfort zone and attempting to make friends with people by joining societies and approaching people during tutorials. For the most part it turned out to not be as scary as I thought and ended up making friends I'm quite close with.”

– Sasha K., Events Director

Joining a Society

Joining a society has been collectively pivotal in positively shaping our university experience. Involvement in a society fosters a sense of belonging among like-minded individuals,

creating a strong support network and a fulfilling community at your fingertips. This experience not only enhances our confidence and well-being but also broadens our horizons by connecting us with a diverse range of people and interests while offering unique opportunities.

“I truly do tell people if you join a society that aligns with your values and beliefs, it really does make such an impact being surrounded by people that think alike from you. I am so grateful I joined Women in Business ... I was welcomed into so many incredible learning experiences and opportunities, along with the chance to connect with so many amazing people.”

– Sasha K., Events Director



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Can Introverts Make Friends?

Introverts definitely have the ability to make friends. While introverts are defined by their shy, self-sufficient, introspective and observant nature, nonetheless they do *not* inherently lack the ability to make friends.

“I would consider myself an introvert. What works for me is going to social events with an open-mind, actively listening in conversation to particular values and interests and reciprocating what I am comfortable with, and identifying when to take initiative and embrace my other strengths to ensure my introversion is not limiting me from any positive opportunity or experience.”

– Naveera K., Publications Director

Building Up Self-Confidence

Self-confidence is a journey unique to each and every individual. There can be many ways to build up your self-confidence, and only you know yourself best! Part of this journey can include reflecting on your strengths and weaknesses, practicing being kind to yourself and setting self-improvement goals.

“I think that self confidence is a big mental reflection of yourself. Most of the time people are just faking it.

It's easier said than done but self confidence is something people need to acknowledge takes time and requires feeling secure in yourself through working on aspects of yourself that you tend to push to the side rather than using external validation as a tool to fuel your confidence, this only goes so far.”

– Sasha K., Events Director

“I am a strong believer in ‘fake it till you make it’ - the more you pretend to come across confident the more you’ll believe it to be true.”

– Arissa M., Secretary

Staying Connected During the Break

It can be easy to lose connection with friends during the holidays, and can be difficult to return to the same relationships. It's significant during this period to maintain communication and schedule time for friends, while respecting boundaries and being flexible.

“I personally find it difficult to maintain conversations over text without seeing that person in real life over the break – so put in the effort to make plans.”

– Alison C., Treasurer

