

RELATIONSHIPS

MAKING NEW FRIENDS

When starting at a new school, you will have the opportunity to make friends with people from different backgrounds. This is a chance to appreciate diversity, adapt to your new role and express your individuality. It may seem scary at first since you may not know many people but don't worry, you are not alone. Most students are just like you, hoping to make new friends too. Unless you live under a rock, you'll be hanging out with others in no time.

However, if you are happy having quiet time to yourself and don't particularly want to surround yourself with too many new people, there is nothing wrong with doing so as long as you are happy. Some people are more social than others, you just have to find others like you. Some people "refuel" by being with others. Other people "refuel" by being alone. Chose what is best for you.

TIPS ON MAKING FRIENDS

1. – ***Introduce Yourself:*** Don't wait for people to come talk to you, get out there and introduce yourself to others in your residence and classes.
2. – ***Don't hide out:*** If you're going to do your homework, consider going to a common area like your school library, unless you study better in a quiet secluded area. You may also want to consider group or partnered studying.
3. – ***Be Chatty:*** Join in class discussions or ask your classmates about homework. You'll come across as more friendly and approachable if you are more open.
4. – ***Join a sports team or a club:*** This is the easiest way to meet people with similar interests to you. There are always groups or clubs of people with similar interests. If you are into reading, join a book club.

5. - **Get a Job:** Working seems like it would take up a lot of time, but if you do have a bit of time to spare it may be a good thing to do. Not only will you build connections with your coworkers but also you'll get a little bit of extra spending money!
6. – **Show up early to Class:** It's easier to break the ice when there are just a few people waiting for class to start. You can share information about anything from the weather to your homework.
7. – **Invite someone to go for coffee with you:** Breaks can occur between events. Ask someone who seems similar to you to go with you for a coffee or snack.
8. – **Listen to other people talk:** - If you hear someone is in need of something, offer to help out if you can.
9. – **Be Open:** Remember not to judge people. In some situations you will be exposed to new cultures and values that may be quite different from your usual friends. Try not to judge. You may learn something from someone different than you and make a really good friend.
10. – **Smile and Laugh:** - It shows you're friendly and people are naturally drawn to happy people.
11. – **Open your posture and keep your head up:** Crossing your arms and legs sends signals that you're uptight, shy and unfriendly — maybe even snobby. Keeping your head up and arms open makes you seem more relaxed and sociable.
12. – **Eye Contact:** Making eye contact shows you want to be involved.
13. – **Be interested in people and ask about them:** Don't just talk about yourself, strive for true dialogue.

FUN WARNINGS

- Things you should not do when trying to make friends

- **don't be weird** – Do not show people your tonsils that you saved in a jar from when you had them taken out in Grade 6.
- **back off** – Do not run up to complete strangers and give them a big hug as if they were a long lost friend. You don't want to force yourself into people's personal space.
- **don't be annoying** – Do not mock people or talk like a robot, there's nothing more obnoxious than annoying people.
- **don't try so hard to be the center of attention** – Don't make a fool of yourself by reciting Star Trek episodes and playing out every role.
- **don't complain** – Nobody likes a constant crybaby. Stop whining!
- **don't lie** – Do not tell people you're from China and talk with a phony accent, especially if you are clearly Hispanic. Just be honest and real.

HOW TO DEAL WITH ANNOYING PEOPLE

1. Just smile at them when they try to be crude or funny — you don't have to laugh.
2. If this person comes to talk to you, just say as little as possible and tell them you have an appointment to get to right away.
3. Ask yourself what it is about the person that is so annoying. Consider maybe it's you that needs to loosen up or maybe they are trying too hard to be liked.

4. Are they violating your boundaries? If so, you need to speak up politely.
5. Don't be a snob. Maybe you can learn something from this person.
6. Consider you misread this person. Not everyone makes a good first impression.
7. Avoid them, especially if you're having a bad day.
8. If you have to be around them, bring a friend with you so you have someone else to talk to.

DATING

If you are interested in dating, this may be the easiest time of your life to meet people of your own age and interest. Go for it and have fun! However, you have to keep in mind how a relationship may affect goals in school. Dating can get complicated so you need to know if you are prepared to add another person to your life. Whatever you decide, just do what is best for you and your academics.

If you are thinking about dating, here are some things to consider:

- **Don't cheat on them.** If you don't want to be exclusive, be open and tell the person you don't want an exclusive relationship. But then you can't expect exclusivity from them either.
- **Avoid drama.** If the relationship is getting too complicated or stressful, get out before it affects your grades and other aspects of your life.
- **Have fun!** Enjoy hanging out with lots of different people and don't rush into anything.

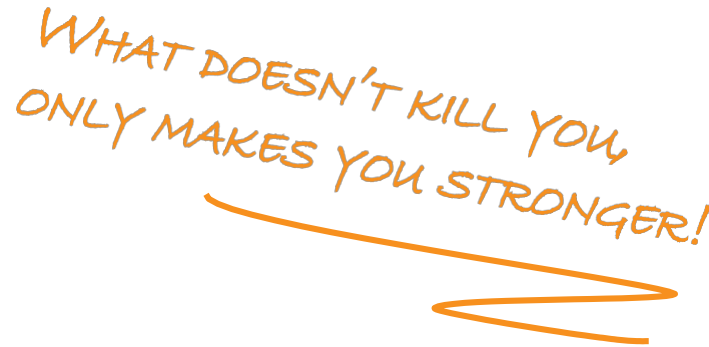
THE DREADED BREAK UP

Break ups hurt but we all go through them in life. Some break ups can be mutual while other times we may just get outright dumped. Either way they can totally hurt and can shake us to the core!

It is perfectly normal to feel:

- Emptiness
- Rejection
- Confusion
- Down or sad
- Lack of energy
- Numb
- Emotional
- Unable to focus
- Lack of appetite
- Difficulty sleeping

*WHAT DOESN'T KILL YOU
ONLY MAKES YOU STRONGER!*



For a while, it will be difficult to continue dealing with the usual daily tasks but it will pass.

10 TIPS TO GET OVER A BREAK UP:

1. **Grieve.** Don't distract yourself and block the pain; some break ups are like a death. You have to grieve. In a way, it's as if you are starting over. Realize what happened, let yourself imagine life alone and know you will get through it.
2. **Cut off intimate contact with your ex.** Sure you might be able to be friends later down the road but if you want to heal, you need to protect yourself. Do not have break up sex. It will not bring you back together; it will only drag out your healing process. Don't keep going back pleading or demanding that the relationship start again. If it's over, it's over.

3. **Deal with the angry hate phase.** Anger can eat you up so just let it out!! Scream into your pillow if you have to. Remember not to blame yourself! Know it was a learning experience for something better out there for you.
4. **Write down your feelings.** Keep a journal. Sometimes it helps sort through your feelings. Maybe write poetry. Patterns of relationships may become clearer as you read what you wrote later and you will learn a lot about yourself.
5. **think through everything.** Learn from the experience and ask yourself what you want in a relationship. Ask yourself the big question: were you really in love or were you in love with the idea of who you wanted that person to be? Most break ups only hurt because we feel rejected and feel that we've lost something. Nevertheless, if he/she really wasn't what you wanted in a partner, then you really haven't lost anything but gained experience.
6. **Don't worry about your ex.** The person that matters the most is you. You have to remember, you always come first. Everyone has his or her own way of coping and grieving so don't be upset if you hear your ex is out partying already.
7. **Don't rebound.** Step back for a few months. Don't try to replace your ex and the gap in your heart with an immediate rebound relationship. Doing this will only prolong your pain and self-discovery, as well as play with someone else's heart.
8. **Talk to your friends.** It's good to have people around you to support you and talk about your feelings. They may be able to offer some good advice and get you back out there having fun again.
9. **Get out!** Don't just drown your sorrows in your lonely dark bedroom — go outside! Get some exercise. Going for a walk or taking up yoga are great ways to release the mind and decrease feelings of sadness and anger.
10. **Find yourself.** Take this time to become more independent and make yourself happy. It is important to learn to make yourself happy because no one else can do this for you. Maybe you can take up a hobby or do something you have always wanted to do but were afraid to or didn't have time for.

~~ Learn from Josh's story ~~

I've always been more of a relationship kind of guy. I'm not into playing the field. I like having a steady girlfriend I can count on to be there for me. Anyway, I was with this girl from high school for two years before we both moved on to university. She got into UBC and I got into the U of A. Needless to say I was really upset that we didn't get into the same school. It obviously meant that our plans to move out together were going down the crapper. We were both pretty torn, but decided to make it work through a long-distance relationship. We had planned to see each other on every long weekend and holidays. We talked on MSN for hours every night, but it just wasn't the same. Long weekends came and went it was just too far to drive out to visit each other. She decided that it wasn't working out and that talking on MSN so much was interfering with her grades, so she dumped me. I was crushed! I considered driving out to see her to make her change her mind, but I was broke and couldn't afford gas to get all the way out to Vancouver from Alberta. I felt so helpless!! I couldn't eat or sleep and didn't want to really do anything.

What changed the situation?

My roommates were on an Ultimate Frisbee team and as they headed for practice one night, one of their team members called with a broken leg and had to pull out for the rest of the season. I really wasn't interested in playing at all, however my roommates said if I covered for their missing team member they'd pay for groceries for the next month. Although I hadn't been eating much lately, I figured they must really need me to make an offer like that. So I caved and went to practice, with them that night. Surprisingly, I didn't even think of my ex-girlfriend for the entire evening. After the next practice I actually was really starting to have fun. We went to a pub after practices and I started to learn how much more fun it was hanging out with friends without needing a girlfriend by my side. In fact, girls were the furthest thing from my mind for a while!

My advice to someone going through a break up:

You can't force someone to want to be with you. We all have different priorities at different times in our lives. If someone doesn't want to be with you, why would you want to waste your time wanting to be with them? There's more to life that you are missing out on, so get out and have fun. The best person to be in a relationship with anyway is yourself!

QUIZ – IS IT TIME TO BREAK UP?

Some of these questions may seem obvious but when you actually write down your answers and read them back to yourself, it helps to sort out what you may be feeling and put things into perspective.

Give them a try:

- 1) When your girlfriend/boyfriend jokes around:
 - (a) It makes me cringe
 - (b) It gets on my nerves
 - (c) It makes me smile
 - (d) I laugh my butt off
- 2) How is your sex life?
 - (a) What sex life?
 - (b) Barely there
 - (c) Not bad, can't complain
 - (d) Couldn't be better
- 3) You have decided to cook a really nice dinner for your boyfriend/girlfriend. He/she calls to tell you they are late and won't arrive for at least another two hours. You are so hungry now and the food smells so good, would you go ahead and eat without him/her?
 - (a) Of course, I made it!
 - (b) Maybe a little, but I'd save some for him/her
 - (c) No, I'd just have a little side snack but save the nice meal to share
 - (d) I would never do that, I made it for us so I'd wait no matter how late he/she was
- 4) Do you fantasize about other men/women?
 - (a) All the time!
 - (b) Sometimes
 - (c) Rarely
 - (d) Never!

- 5) When is the last time you both had a fight?
- (a) About two days ago
 - (b) About two weeks ago
 - (c) About three months ago
 - (d) Never
- 6) When you do fight, what is it usually about?
- (a) Cheating or betrayal
 - (b) Not spending enough time together
 - (c) Over something stupid
 - (d) We haven't had a fight
- 7) When you think about breaking up, how do you feel?
- (a) Relief
 - (b) Nervous but free
 - (c) Just wouldn't feel right
 - (d) I can't imagine that
- 8) When you think about yourself in 10 years, do you see your partner with you?
- (a) No way
 - (b) Possibly
 - (c) Maybe, not sure though if as a relationship or as a friend
 - (d) Of course
- 9) Have you ever considered cheating on your girlfriend/boyfriend, even if just kissing someone else?
- (a) Yes, I'm often tempted
 - (b) Yes, maybe once or twice
 - (c) No, but I confess to flirting
 - (d) No, I wouldn't ever do that
- 10) Do you and your girlfriend/boyfriend share similar dreams?
- (a) Completely opposite
 - (b) Some maybe
 - (c) Some, but I want to be there to help my girlfriend/boyfriend reach her/his dreams
 - (d) We're creating our dreams together

- mostly a's** - No doubt about it, it's high time you go your own way. You are ready to do some serious self-discovering.
- mostly b's** - You may want to reconsider why you are with your girlfriend/boyfriend and where the relationship may be going. Think about what you want in your life for yourself and what you want in a partner.
- mostly c's** - You may have reached a comfortable, stable point in your relationship. Now it's up to you to decide if this is what you want long term. Are you ready for a commitment? The relationship may be growing into a real friendship, but are the sparks still there?
- mostly d's** - You are in lala land, get your head out of the clouds and back to reality. If your relationship is always on Cloud 9, you are in love! Enjoy it while it lasts. It's not time to break up, but if you want it to last long term get real about it.