



# Fitting In

*College can be an exciting place where you meet other students from all over the world. You can have all sorts of positive new experiences and make friends that last a lifetime. Of course to do these things you have to feel comfortable with yourself and with others. If you're worried about fitting in on campus here are some basic tips to get you started.*

**#1 - Remember - EVERYONE** feels nervous sometimes. There's nothing wrong with you just because you feel a little nervous about meeting new people.

**#2 - Be yourself!** You don't have to be just like everyone else to make friends. As a matter of fact, having a diverse group of friends with different interests and ideas makes life a lot more interesting and fun. You can't make friends with a mirror.



**#3 - Speak up.** You can't meet new people if you don't speak up and introduce yourself. When you select a seat in class introduce yourself to the other students sitting close by. On breaks or in between classes, strike up a conversation.



#4 - Get involved. Join a club or group on campus. Go to Student Government Association meetings. Attend First Week activities and other special events on campus. Sharing a common goal, interest or activity is a great way to meet new people. It's easy to get to know



#6 - Do what you love. When doing things we love we naturally feel more relaxed and at ease. If you like sports - go to a Viking basketball or baseball game or if you like playing the guitar - take a class on campus or play yours in the quad.

#5 - Become a Viking Volunteer. Volunteers work all over campus and in the community in a variety of positions. Whether helping at a student event or assisting in Student Services, volunteers always get to meet lots of new



#7 - Never be afraid to ask for help. If you need more help adjusting to student life contact the Help Center. We're always here for you.