UNIT 3

Get Connected

S a ing college oda i likel o change o ocial o ld and acce o o in igni can a .

Some of these changes are exciting:

Yo ge o mee ne eo le and be a a of ne g o . Yo ma di co e ne in e e and e and o comm ni .

Some of these changes are challenging:

of nean o mime ne11fn,n felleel \mathbf{D} o of ne ,o c(be li alle ak.1 (ola mf11fn.1)- \mathbf{U} (m c) \mathbf{D} (le (o) \mathbf{U} D-1. \mathbf{D} d(bf ne) \mathbf{D} felleel \mathbf{D}) nc \mathbf{U} (e) \mathbf{D} !



Reflect on your map as a snapshot in time. Then, read over the descriptions of the "Get Connected" tools that follow.

Select 1-2 actions that are of greatest interest to you, and practice them this week.

After you practice, complete the Reflections page.

Keep Up Your Connections

The ea e man a o kee o connec ion i h eo le in o ci cle no, e en in he mid of g ea change and challenge.

Re ect on:

Consider the following suggestions and mak an to do at least one this week:

Reach out

A hone call, e, o email go a long a. Le omeone in o ci cle kno o a e hinking of hem, o ha e a of o da.

Express gratitude

The im leac of hanking omeone no onl make ha e on feel be e, i al o can make o feel be e oo! Think of ome hing omeone ha done fo o la el and le hem kno o a ecia e hem.

Have fun

Ge oge he i all i h
o fiend online o ha e a
hobb, la m ical in men,
a ch i al dance ideo, ke ch
oge he, la i al boa d
game, ca d ick, kni, and
mo e! I can ake ime o make
ne connec ion . I' of en
hel f I o el on fiend o
had befo e college d ing
hi an i ion.

Schedule a time to connect

A k omeone in o ci cle o ched le a ime o connec.

Thi co ld be a one- ime connec ion o ome hing o lan fo each eek.

Learn together

Lea ning oge he i h ano he e on i a g ea a o connec.

Here are some ideas.

A k omeone o join o in
e lo ing a c ea i e ojec
o idea.

U e digi al ool o collabo a i el i e o c ea e ac o di ance.

A k omeone o alk abo ha o a e lea ning in hi cla , ead he ame book, o a ch a mo ie online oge he .

Sha e on ocial media ha o a e lea ning abo he COVID-19 andemic and he mo emen fo acial j ice.

Build New Connections

Yo ma ma ge o hinking abo he need o make ome ne connec ion .



