



# Let's Talk about: *Making New Friends*



Hi CCS Community!

I hope you are all having a great start to the summer! I just finished up my first year of medical school and something that I have been thinking about is ways to make new friends. Whether you already have a great group of friends or you are looking for more friends, I think there is always space to expand your circle. However, it can be hard to make friends as an adult! Here are some of my tips for ways to meet new people :)

## Why is it important to create friendships?

Making new friends helps you **feel connected** to those around you

**Social support** has been proven to improve happiness, and guard against feelings of loneliness. Like we talked about during Mental Health Awareness Month, making friends can help you **stay mentally healthy**

New friends help you **see new perspectives** and expand your way of thinking



## Ways to Make New Friends

Join an **intramural sports** team

Take classes at the **local recreation** center

Get involved with **CCS groups**

Reach out to people

Host a **dinner party** and ask everyone to invite one of their friends

**Friends can be virtual too**, reach out to someone from your childhood or high school that you always wanted to be closer to!

Meet people through **taking a class**



## What are some things to look for in a friend?

When making new friends, it is important to make sure that your **values** align with that person. One rule that I try to follow is to ask myself: Does this person put in the same effort that I do into our friendship?

**Consideration** for your time and feelings

Shows **interest** in the things that are going on in your life

Supportive of your **success**

Listens and supports you if you are **feeling upset**

Making new friends can be challenging and a little intimidating too! Don't worry if at first it feels awkward or strange to reach out to someone, in my experience, it is usually worth it :)