LOOKING TO CONNECT?

There are endless ways to meet people. Here are a few ideas...

TRIED AND TRUE CLASSROOM APPROACHES: form a study group, ask someone for notes or start a conversation about that day’s lecture.

PURSUE A PASSION:

- Play: countless friendships begin on the court or field. NYU Intramurals has lots of options from basketball to tennis to futsal.
- Go somewhere! Explore travel opportunities from lunch in Queens to a study away semester in Abu Dhabi.
- Technologically inclined? NYC is a great town for techies — home to everything from Silicon Alley to hackathons. There are many technology conferences and events on campus and off.
- Go clubbing: make art, sing a cappella, taste cheese, breakdance, debate, go green, go Greek and more. There are hundreds of NYU clubs and organizations. Get started at the Center for Student Activities, Leadership and Service (CSALS).

CHOOSE YOUR APPROACH:

- Keep it simple: try using an open-ended invitation like “let’s get coffee sometime.”
- Request an introduction: ask friends to introduce you to new people.
- Shy? A third person can make it easier to keep a conversation going. Invite someone new out with another friend to break the ice.

STICK WITH IT: Remember that making friends is an active and gradual process; if it doesn’t happen right away, keep pursuing activities that you love and you’re bound to connect soon.

EXPLORE RESOURCES:

- Reach out to a Resident Advisor, Commuter Assistant, Transfer Assistant or other NYU Student Leaders — they can make introductions and suggest avenues for meeting new people.
- Attend Club Fest at the beginning of the semester, to learn about clubs and organizations or visit CSALS or the Student Resource Center (SRC).
- If loneliness ever feels overwhelming and you want to talk about it, you can contact the Wellness Exchange (212-443-9999) 24/7/365.