

Years from now, when your textbooks have grown dusty and your term papers are long lost among piles of junk, one lasting memory will remain from your college years – friendship. For the true essence of college is not the learning achieved within the classroom, but rather the learning, growth, and relationships cultivated *outside* the classroom walls.

Psychologists find that the #1 complaint of people who are sad, stressed, or generally dissatisfied with their life is that they do not have enough social support – i.e., they want more friends.



caps / counseling and psychological services

Friendships

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Here's the bad news: In order to have a friend, you have to *make* a friend and *be* a friend. Here's the good news: Life is a journey filled with opportunities for new learning and growth. So if you aren't sure how to make or be a friend, you can always learn!

Here are Brian's 5 quick tips for friendship:

- 1. Create opportunities** – The first step in making friends is to meet people. UCSD is a large campus, but there are plenty of chances for you to network if you take the risk to be involved – join a club, sports team, or campus organization.
- 2. Cultivate mutual interests** – When you meet people, try to find out what interests you might share in common and make plans around those interests (e.g., beach, hiking, movies, TV show, sports).
- 3. Open up** – Making a friend requires that you take personal risks and share things about yourself. A close friendship generally develops when two people are able to tell each other about their deeper thoughts and feelings, not just about superficial matters.
- 4. Respect differences** – one of the most exciting things about college (and UCSD specifically) is the opportunity to meet people with different ethnic and cultural backgrounds than your own. Show interest in people's experiences and learn from new ideas.

5. Be loyal – once you make a friend, it is important to be a friend. The most common complaint in friendships gone sour is that one person betrayed the trust of another in some way (e.g., by spreading gossip). You probably won't have a loyal friend if you can't be one yourself!