Survey: Student Experiences During COVID

1. Level of Study: Graduate

What has your experience with social connection been this semester?
this semester in particular has been not great for social connections - everyone is burnt out

What has helped you feel socially connected this semester?
student group; academic association; volunteering on the muni election

What tip or encouragement about social connection during COVID would you give to students?
don't burn yourself out but be willing to try low-key options

###

2. Level of Study: Undergraduate

What has your experience with social connection been this semester?
it has been nicer being able to socialize with other people in person and to make new friends in classes

What has helped you feel socially connected this semester?
in person classes, in person events

What tip or encouragement about social connection during COVID would you give to students?
reach out to make new friendships and connections! most people are very friendly and open to meeting new people, the difficult part is just working up the nerve to say hi!

Share a moment of social connection this semester that was meaningful to you.
finally making friends in the same program

###

3. Level of Study: Graduate

What has your experience with social connection been this semester?
I connect with my cat, which is okay. I'm not super extraverted.

What has helped you feel socially connected this semester?
Syncronous Zoom classes

What tip or encouragement about social connection during COVID would you give to students?
If you have in-person classes, make sure you attend.

Anything else you would like to share?
Sometimes I intentionally buy coffee instead of making it at home because it allows me to connect with others.

Share a moment of social connection this semester that was meaningful to you.
My cat curling up in a ball and sleeping next to me.
4. Level of Study: Graduate

What has your experience with social connection been this semester?
Social connections are important since they can help relieve stress. I have been able to meet my friends more on campus and there has been an improvement in my mood. I have been a little less stressed as I am able to share more with them and spend time with them. I have been more focused while in university and have reduced the anxiety related with meeting more people as I have more confidence that my social connections are vaccinated.

What has helped you feel socially connected this semester?
Being on campus and having in person events on campus where I can attend with my friends have been helpful in maintaining connections.

What tip or encouragement about social connection during COVID would you give to students?
Try your best to meet your friends on campus if you are comfortable as it can be refreshing.

Anything else you would like to share?
I love having the chance to be on and off campus when I choose and the hybrid model has been able to create more comfort to those who need it.

Share a moment of social connection this semester that was meaningful to you.
I met with my friends after our BSc graduation for pictures and this was a nice experience as I was on campus after almost 1.5 years. This gave me a chance to explore campus with my friends and spend time with them.

###

5. Level of Study: Undergraduate

What has your experience with social connection been this semester?
agree: I'm sadder than ever and I haven't had social connections

What has helped you feel socially connected this semester?
working, discord

What tip or encouragement about social connection during COVID would you give to students?
don't be afraid to try and make friends, everyone's probably lonlier than usual

Anything else you would like to share?
I haven't made any friends, it is hard for me and covid doesn't help

Share a moment of social connection this semester that was meaningful to you.
someone messaging me on discord personally

###

6. Level of Study: Graduate

What has your experience with social connection been this semester?
It's tough. I am still working from home, which my research thankfully allows me to do. But as more things transition back onto campus, there are fewer and fewer opportunities for me to connect socially.
with members of the campus community. This semester more than any previous ones, I have really struggled with a feeling of isolation. Although I am vaccinated, I have a chronic health condition that would make a COVID-19 infection very dangerous for me. I live alone. My family lives several hours away. I don’t have a long-term partner or a pet I can lean on in my day to day life. The connections I have made with campus members remotely are mostly professional or are not strong enough for me to ask for this type of support. I have been trying hard to keep connecting with my small cohort of friends in person and to connect virtually with my family, but sometimes connecting socially just reminds me of how much more isolated I am than others in my life.

###

7. Level of Study: Undergraduate

**What has your experience with social connection been this semester?**

When I am with my friends at gatherings it does boost my mental health, simply because it gives me a break from the things that are stressing me out.

**What has helped you feel socially connected this semester?**

Moving out of my parents house. Has pushed me to socially interact, instead of hiding away in there basement.

**What tip or encouragement about social connection during COVID would you give to students?**

Just be grateful for what interactions you have. I like to compare what it was like a year ago to now, and the vast improvement. I don’t take for granted my social interactions right.

**Anything else you would like to share?**

Honestly im just grateful that we get to stay in person and get out of the house everyday.

**Share a moment of social connection this semester that was meaningful to you.**

Meeting my roommates and bonding with them

###

8. Level of Study: Undergraduate

**What has your experience with social connection been this semester?**

True! Social interactions have made my days a lot this semester

**What has helped you feel socially connected this semester?**

Going on walks, being able to be on campus and see real people in my classes

**Anything else you would like to share?**

FaceTime has never been so important during the pandemic

**Share a moment of social connection this semester that was meaningful to you.**

Being able to finally hug family members and friends for a long time

###

9. Level of Study: Undergraduate
**What has your experience with social connection been this semester?**
Social connection is beneficial when it is not forced or overwhelming - eg. being made to communicate with peers in class does not contribute to the social benefits of mental health.

**What has helped you feel socially connected this semester?**
Visits with family, social media connections, connects outside of school at jobs etc.

**What tip or encouragement about social connection during COVID would you give to students?**
I think when students are online it is challenging to make social connections but online social meetings, or trivia nights online leads to fun social connection without covid risks.

**Share a moment of social connection this semester that was meaningful to you.**
in my practicum, working working with others in a school setting has been great

###

10. **Level of Study:** Undergraduate

**What has your experience with social connection been this semester?**
I think it has gotten a little better this year. Last year was kind of stressful with it being my first year. I don’t think the pandemic has affected my social life too much.

**What has helped you feel socially connected this semester?**
I have one class that is just one on one. It’s only once a week but it’s nice to talk to someone personally. I have another class that is smaller once size that requires a lot of collaboration/discussion/group work. That is nice sometimes.

**What tip or encouragement about social connection during COVID would you give to students?**
Online can be a good way to connect. Personally, I’m not too much of a fan of meeting people online, but it works for a lot of people.

Anything else you would like to share?
Discord has been a good way to connect in classes that were usually 100-300+.

**Share a moment of social connection this semester that was meaningful to you.**
I have a love hate relationship with breakout rooms. On the one hand I don’t like them, but on the other hand, it is a great way to connect with classmates and the professor

###

11. **Level of Study:** Undergraduate

**What has your experience with social connection been this semester?**
I love going to campus and meet more people but it also gives me anxiety because I don't want to get COVID-19

**What has helped you feel socially connected this semester?**
Virtual events, volunteering on campus, and working for Augustana International Student Services

**What tip or encouragement about social connection during COVID would you give to students?**
Attend as many virtual events as possible and use MyUAlberta app to connect with other students
Anything else you would like to share?
I would like to have more safe, in-person events (probably with only less than 10 people). I think it is safe enough to do so and give me more opportunity to connect with people.

Share a moment of social connection this semester that was meaningful to you.
Joining support group on campus to relieve stress, concerns, and homesickness

###

12. Level of Study: Graduate

What has your experience with social connection been this semester?
I haven't had a lot of energy to connect this term. The pandemic has entirely wiped me out. With the slow opening up, I've felt mentally more healthy, but now I have this constant distrust of the people around me because I don't know if they're responsible enough to be vaccinated.

What has helped you feel socially connected this semester?
My program's discord server has been a boon. I can chat with my peers, most of whom I haven't met in person, and just chill with no pretense or worry that I'm going to be exposed to COVID.

What tip or encouragement about social connection during COVID would you give to students?
Get onto your program's discord or, if there isn't one, make one. Digital connection may not feel as fulfilling as in person, but it is significantly better than nothing.

Anything else you would like to share?
While I know it was important for some to get back onto campus, I really wish we had stayed another semester online. The stress of worrying about going back really took a toll on me this term, especially since I have young ones at home that I also have to protect.

Share a moment of social connection this semester that was meaningful to you.
It's silly, but I have taken a lot of joy from the meme channel in my discord server. We post ridiculous, goofy, inoffensive memes that make us all laugh and bring us closer.

###

13. Level of Study: Undergraduate

What has your experience with social connection been this semester?
I haven't felt socially connected to any of my professors. However, it has been nice to connect with my friends on campus.

What has helped you feel socially connected this semester?
Seeing my friends on campus.

What tip or encouragement about social connection during COVID would you give to students?
Try as hard as you can but accept the changes that come to you personally.

Share a moment of social connection this semester that was meaningful to you.
When I met with a club.

###
14. Level of Study: Undergraduate

What has your experience with social connection been this semester?
I’ve been very socially connected starting only this semester because many of my friends from my old school go to the UofA. We meet almost every day for at least 2 hours and just enjoy each others companies. Other than that, I have no friends in any of my classes and talk to no one else.

What has helped you feel socially connected this semester?
I feel very socially connected when I’m able to have a conversation with my friends and family. Also, being on the STATS 151 discord server makes me feel more connected to the community around me.

What tip or encouragement about social connection during COVID would you give to students?
If you have absolutely no one to talk to. Join a club or event that offers socializing. I’ve seen it on the student digest. Also, put yourself in a position to make friends. Sit near a stranger on the first day of class and introduce yourself.

Share a moment of social connection this semester that was meaningful to you.
On the first day of my HIST class, I sat next to a girl named Veronica wearing a pink sweater. In less than 2hrs, I learned a lot about her. She’s bubbly, talkative, trilingual (Spanish, French, and English). Her former boyfriend used to be a longtime friend and now she is awkward about seeing him again. It was memorable because I always considered myself too shy when around new people to be able to convince them to be friendly with me, however this proved otherwise. She likely dropped out from the class the next day but, nonetheless memorable.

###

15. Level of Study: Undergraduate

What has your experience with social connection been this semester?
seeing friends more and spending time with my girlfriend has improved my mental health

What has helped you feel socially connected this semester?
living with my roommate and having my girlfriend over

What tip or encouragement about social connection during COVID would you give to students?
make time for your friends even if it’s just lunch between classes

Anything else you would like to share?
I feel connected and disconnected at the same time. I have my old friends but zero new friends to share and talk about new and different experiences. Sometimes, the campus and the class sizes intimidate you and make you feel like there is no point in making new friends because, after that class you will probably never see them again.

Share a moment of social connection this semester that was meaningful to you.
becoming friends with my roommate! we eat most meals together and we go on walks every day

###

16. Level of Study: Undergraduate
What has your experience with social connection been this semester?
My mental health has not been great, but I've had lots of support through my few close friends and Varsity teammates. I have really struggled to make friends in classes though, which makes showing up much less fun.

What has helped you feel socially connected this semester?
Seeing my teammates 5 days a week has helped me feel connected. My practices are mandatory so it forces me to get out of the house and socialize.

What tip or encouragement about social connection during COVID would you give to students?
Do your best to make at least a few friends. It's hard to see people with restrictions, but if you have a close, tight-knit group of a few people, you'll always have someone to lean on. Make sure to reach out to friends and family back home too if you're from out of town.

Anything else you would like to share?
Social connection between classmates has been extremely difficult this year, both online and in person. I wish the professors had done some kind of "get to know me" icebreakers in the first two weeks. Of course it's not their job to do that, but I think having friends in your classes makes them much more enjoyable and will even improve your retention of the subject because you have someone to compare notes and study with.

###

17. Level of Study: Graduate

What has your experience with social connection been this semester?
Due to being away from in-person interactions, I feel very anxious in social situations, hyperfixating of my verbal and non-verbal communication, and unsure how to regulate physical displays of emotions. Due to being isolated and distanced, I feel very lonely and out of the loop in online group settings. Even when among classmates, there's a struggle to socially connect beyond and around the classroom due to collective nerves and comfort levels, which effects sense of belonging and block deeper connections. Every social encounter feels shallow and superficial cause of how brief and restricted they are.

What has helped you feel socially connected this semester?
Some In-person classes.

What tip or encouragement about social connection during COVID would you give to students?
Get outside and be in public spaces as much as you can so you get some semblance of socializing.

Share a moment of social connection this semester that was meaningful to you.
Classmates scheduling an extra-curricular field trip outside of class time.

###

18. Level of Study: Undergraduate

What has your experience with social connection been this semester?
I am only taking on-line courses and dearly miss the opportunity to make friends to study with.
What has helped you feel socially connected this semester?
Lolllll. I am too old to figure out discord, so basically... nothing.

What tip or encouragement about social connection during COVID would you give to students?
Try to make virtual friends

Anything else you would like to share?
Please, let COVID be over

Share a moment of social connection this semester that was meaningful to you.
I found someone from my Stats class on Twitter and we had a zoom study session

###

19. **Level of Study:** Undergraduate

**What has your experience with social connection been this semester?**
I'm living with roommates (as of July 2021) where before I was living alone and it has been mostly wonderful. my mental health is better if not fantastic, but I'm dong all of my courses online still and have only been to campus a few times. Still very few reasons to leave the house and social connection is still low aside from living with others.

**What has helped you feel socially connected this semester?**
having roommates. I hate trying to connect with people online, and am doing online classes so meeting new people/ creating new connections is mostly impossible.

**What tip or encouragement about social connection during COVID would you give to students?**
put away the electronics when spending time with people in person. give whoever you are with your full attention, and if you must, ask for theirs as well- ask them to put the phone away while you are together.

###

20. **Level of Study:** Undergraduate

**What has your experience with social connection been this semester?**
The adjustment to classes in person from online was much harder than the adjustment to classes being moved online.

**What has helped you feel socially connected this semester?**
Sporting events

**What tip or encouragement about social connection during COVID would you give to students?**
Study with friends

###

21. **Level of Study:** Undergraduate

**What has your experience with social connection been this semester?**
Good since I’ve had an I person class with 2 close friends
What has helped you feel socially connected this semester?
Seeing friends on campus

What tip or encouragement about social connection during COVID would you give to students?
Get out of your house as much as you can!!! While it’s still nice out!!!

Anything else you would like to share?
I’m worried about how things will change with winter

Share a moment of social connection this semester that was meaningful to you.
Singing abba with friends in class

22. Level of Study: Undergraduate

What has your experience with social connection been this semester?
I’ve been much more isolated than in previous years due to most of my classes being online, and I have seen a great deterioration in my mental wellbeing.

What has helped you feel socially connected this semester?
Keeping in contact with friends from different schools via social media, and attending clubs on campus.

What tip or encouragement about social connection during COVID would you give to students?
I would urge everybody to join clubs that you find interesting, in order to find friends with similar interests.

Share a moment of social connection this semester that was meaningful to you.
I went out with other members of Fightback after one of our meetings - it was the first time things felt normal in a long time!

23. Level of Study: Undergraduate

What has your experience with social connection been this semester?
It has been a generally true statement.

Anything else you would like to share?
It has been difficult.

24. Level of Study: Undergraduate

What has your experience with social connection been this semester?
I’m extremely reserved and introverted so making social connections is very hard but I do have a few people I’m comfortable around and it does help relieve some stress to be around them.

What has helped you feel socially connected this semester?
My roommates, church, and Bible study
What tip or encouragement about social connection during COVID would you give to students?
Others are lonely too. They want you to interrupt study time to go on a walk or just talk or watch a movie. We all need connections away from our studies and computer.

Anything else you would like to share?
I’m probably a bit unique in that Covid actually helped my connections. Covid drastically narrowed down the number of people I was around all the time which personally helped me develop a few friends and not be overwhelmed as easily by the constant social interactions.

Share a moment of social connection this semester that was meaningful to you.
Church. I thought finding a little church in Edmonton would be hard but I quickly found a small church that I was welcomed into. Feels good to be wanted.

###

25. Level of Study: Graduate

What has your experience with social connection been this semester?
Have been enjoying connecting with classmates, teachers, and housemates.

What has helped you feel socially connected this semester?
Talking and spending time with family and friends online, and with classmates and housemates in person.

What tip or encouragement about social connection during COVID would you give to students?
See above.

Share a moment of social connection this semester that was meaningful to you.
Halloween in the neighborhood, givings sweets to kids.

###

26. Level of Study: Graduate

What has your experience with social connection been this semester?
i agree that social connection sure boosts my mental health

What has helped you feel socially connected this semester?
interacting with people--it doesn't have to be big or extravagant. just saying hi and smiling at passersby when outside and unmasked and getting a smile back is a real boost

What tip or encouragement about social connection during COVID would you give to students?
have a bubble? I actually wasn't able to develop a bubble just because of logistics/ living situation/ timing of moving and stuff. so have a bubble. failing that, call people on the phone a lot

Anything else you would like to share?
zoom is exhausting.

Share a moment of social connection this semester that was meaningful to you.
in person supervisory meeting with my supervisor!
27. Level of Study: Graduate

What has your experience with social connection been this semester?
I generally agree with this statement

What has helped you feel socially connected this semester?
Having in person classes

###

28. Level of Study: Graduate

What has your experience with social connection been this semester?
Having a mix of in-person and remote classes has helped me meet friends in my program.

What has helped you feel socially connected this semester?
Being able to meet in person for at least some classes.

What tip or encouragement about social connection during COVID would you give to students?
You have to put yourself out there and intentionally plan to connect with others.

Share a moment of social connection this semester that was meaningful to you.
I have started a weekly in-person study group with 4 classmates.

###

29. Level of Study: Graduate

What has your experience with social connection been this semester?
In terms of social connections through school, I have found online learning to be a significant barrier to making social connections with other students. The only way I have made social connections with new people is to send an email to someone I think I might want to be friends with and initiate an in-person gathering.

What has helped you feel socially connected this semester?
Mostly my support systems outside of school. Getting together for coffee with one friend I met when classes were in person, and getting together with one person I reached out to by email. Bible study has been my most significant source of social (and spiritual) connection but that has not been a result of being a student.

What tip or encouragement about social connection during COVID would you give to students?
Don't bother with university until it is in person again - so much is missed both socially and academically.

Anything else you would like to share?
It has been through connections that I made during in-person classes that I have been able to feel less alone in my academic challenges, and that I have been able to connect with other students who have experiences that I can draw on for my research. Online sessions are really not social connections - they are just more floating heads in boxes if people even turn their video on.

Share a moment of social connection this semester that was meaningful to you.
Getting together with a friend who I met during in-person classes, we both brought out computers and
worked together in a cafe. She encouraged me to make some decisions about my research that I felt
were not very welcome by the faculty but that were really important to me. She helped me access other
resources to understand my methodology better which ultimately supported me in making this decision.

###

30. Level of Study: Graduate

What has your experience with social connection been this semester?
I am glad to be back but feel like I have lost social skills/confidence during covid.

###

31. Level of Study: Undergraduate

What has your experience with social connection been this semester?
After making some friends this semester it helped me with confidence levels and generally helped me
feel better about myself. I have people in the same classes as me to talk to when things are stressful or
when I'm confused, and I'm there for them too. It makes me feel needed and like I belong, which is great
for mental health.

What has helped you feel socially connected this semester?
Talking to anyone that seems open enough to hold a conversation. You can find out lots of cool things
from small elevator conversations and it creates a sense of community among the student body.

What tip or encouragement about social connection during COVID would you give to students?
Just smile and say hi! Most people will be welcoming of that social interaction, and they won't bite. All it
takes is the first step to make meaningful social connections.

###

32. Level of Study: Graduate

What has your experience with social connection been this semester?
Social interaction on campus has been boosting my mental health, but suddenly social interaction within
my home or elsewhere (the places off campus that I was using when we weren't allowed on campus)
have been immensely stressful.

What has helped you feel socially connected this semester?
Random, unplanned conversations with coworkers/colleagues/friends. Also friends asking to meet up on
campus.

What tip or encouragement about social connection during COVID would you give to students?
It will seem daunting at first, but find the ways to interact that are comfortable so you can ease back in.
Don't try to go back to "normal" immediately.

Share a moment of social connection this semester that was meaningful to you.
Running into a postdoc in my new lab outside the building (I was leaving and he was arriving) and he
took the time to just stand and chat with me for about an hour. It was one of the most connected
moments I've felt in a long time because it wasn't planned or contrived in any way, just wholly organic.
33. Level of Study: Graduate

What has your experience with social connection been this semester?
I haven’t felt any social connection since I started my program. I didn't get much time before covid lockdowns started and have felt isolated since.

What has helped you feel socially connected this semester?
Nothing related to university. There is a subreddit about Pikmin Bloom that has been my main social activity for the past few days.

What tip or encouragement about social connection during COVID would you give to students?
No idea, I could use some advice.

Anything else you would like to share?
I don’t feel connected to UofA at all, everything has felt unreal. Sometimes I even struggle to believe that my supervisors really exist. I feel completely alone.

Share a moment of social connection this semester that was meaningful to you.
Good one.

34. Level of Study: Undergraduate

What has your experience with social connection been this semester?
With most clubs and volunteer opportunities online, I’ve found it very hard to meet people. I’ve met a few people in my two in person classes which is more than what I did last year but it’s still been difficult. I’m lucky that I grew up here and already have friends to do things with.

What has helped you feel socially connected this semester?
Joining clubs and volunteering for sure. It’s nice to feel like you’re a part of a team.

What tip or encouragement about social connection during COVID would you give to students?
Join everything. The university has so many amazing opportunities and clubs and volunteering! As much as your GPA is important, these things are important to for your résumé and to make friends as well as to get you involved in the community.

Anything else you would like to share?
Nothing other than ‘go away Covid!’

Share a moment of social connection this semester that was meaningful to you.
My idea for an icebreaker game for my volunteering group was excepted super enthusiastically which was really nice :)

35. Level of Study: Undergraduate
What has your experience with social connection been this semester?
Zero social connection. People are quite unwelcoming here compared to my previous institution

What has helped you feel socially connected this semester?
Nothing except my professors

What tip or encouragement about social connection during COVID would you give to students?
Reach out to the ones you trust. Don’t expect much from anyone. People can be busy so find something to keep your mind busy. Make time for trustworthy ones as they are there to support you. Don’t isolate yourself or you will fall into an unhealthy cycle.

Anything else you would like to share?
People were busy so it’s hard to connect. There was so much to adjust to. Students specifically are not very welcoming here so I’m just relying on connection with studies / courses and professors. Had terrible experience with faculty offices and support services on campus (ex: counseling and clinical services). Everything was delayed too. Meetings delays. Work delayed. Fun activities delayed. So that made it hard to connect with peeps too. But it’s something everybody is adjusting to and that is how it is.

Share a moment of social connection this semester that was meaningful to you.
Literally none.

###

36. Level of Study: Graduate

What has your experience with social connection been this semester?
I would point out that not only quantity but also quality of social connection matters. Emotional intimacy is what gets rid of loneliness, and that’s not possible over zoom lectures.

What has helped you feel socially connected this semester?
Going on to campus to do classes, even if they're online.

What tip or encouragement about social connection during COVID would you give to students?
Get a counsellor.

Share a moment of social connection this semester that was meaningful to you.
One of my profs opened up to us about her life, and told us that she's here for us if we ever need her.

###

37. Level of Study: Graduate

What has your experience with social connection been this semester?
I have not had much contact with others on campus. Most people are busy or working from home. I have been relatively lonely. I spend time with my husband and we’ve seen another couple (friends) on two occasions

What has helped you feel socially connected this semester?
The Messenger app :(
What tip or encouragement about social connection during COVID would you give to students?
A lot of people are lonely right now. It is hard to connect with others and you may have limited social connections. People care about you.

Share a moment of social connection this semester that was meaningful to you.
Just seeing so many people on campus was comforting.

###

38. Level of Study: Undergraduate

What has your experience with social connection been this semester?
Definitely better than the last 2 semesters. Meeting with people in in-person classes is really helpful.

What has helped you feel socially connected this semester?
Meeting people in my in-person classes

What tip or encouragement about social connection during COVID would you give to students?
Even doing small groups in breakout rooms on zoom are helpful. Just the chance to talk to people is helpful.

###

39. Level of Study: Undergraduate

What has your experience with social connection been this semester?
If I don't connect with people regularly I get depressed

What has helped you feel socially connected this semester?
facetiming family

What tip or encouragement about social connection during COVID would you give to students?
Don't be so afraid of Covid that you forget to connect with others.

Anything else you would like to share?
Social connection right now is hard

Share a moment of social connection this semester that was meaningful to you.
Baking cookies with a friend

###

40. Level of Study: Undergraduate

What has your experience with social connection been this semester?
Zero social connection outside of light chatting

What has helped you feel socially connected this semester?
Being in clubs helps a little

What tip or encouragement about social connection during COVID would you give to students?
Join a club, so that you may talk to people
Anything else you would like to share?
Motivation is scarce

Share a moment of social connection this semester that was meaningful to you.
None

###

41. Level of Study: Undergraduate

What has your experience with social connection been this semester?
All of my classes are online. Unfortunately I have received no social connection from school.

What has helped you feel socially connected this semester?
Working and seeing friends

What tip or encouragement about social connection during COVID would you give to students?
I don't have any. I'd love to be back in person.

Anything else you would like to share?
COVID has been the single most difficult time period of my life because of the lack of connection.

Share a moment of social connection this semester that was meaningful to you.
Going to the Oilers game with a couple of close friends where we saw the Kevin Lowe retirement ceremony, huge comeback, and goal of the year.

###

42. Level of Study: Undergraduate

What has your experience with social connection been this semester?
Social connection has been very important to me but it can be difficult to reach out. I still feel like I'm out of practice because of the pandemic and I'm new to Edmonton so I'm still trying to make new friends.

What has helped you feel socially connected this semester?
Being in in-person classes and connecting with my church in-person. This is where I've had the most social connections.

What tip or encouragement about social connection during COVID would you give to students?
Reach out to the people around you, even if you don't know them well or you feel distant. Chances are you both want the same things (to study with another person, exchange class notes, see a movie, etc).

Share a moment of social connection this semester that was meaningful to you.
Going out for lunch with a new friend.

###

43. Level of Study: Undergraduate

What has your experience with social connection been this semester?
My experience has been positive over the past couple months of the semester. My in person classes
allow me to connect and collaborate with my peers and this connection is something that I did not have last year.

**What has helped you feel socially connected this semester?**
In person classes help me feel socially connected as I love meeting and talking to new people. The people that I work with in my anatomy lab are not only my collaborative colleagues but my friends and as we often get together outside of class to chat or hang out whether it is school related or not.

**What tip or encouragement about social connection during COVID would you give to students?**
If I could give one piece of encouragement it would be that saying hi to the friend beside in you in class might be one of the best decisions you’ll make.

**Share a moment of social connection this semester that was meaningful to you.**
I normally go to the gym everyday prior to class and one of the front desk employees at the Hanson Fitness and Lifestyle Center recognized me right away and and said my name and asked how I was doing even before I could approach the desk to show my campus ready pass. That moment made my day!

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44. **Level of Study:** Undergraduate

**What has your experience with social connection been this semester?**
Poor social connection, far too busy with studies and work.

**What has helped you feel socially connected this semester?**
Phone calls to S.O. and family, texting family and friends.

**What tip or encouragement about social connection during COVID would you give to students?**
Even something as small as checking in daily, weekly, over text or call or in person, can help with feeling alone.