



THIS WEBINAR WILL BEGIN SHORTLY



# Socially Connecting

STUDENT CENTRAL WEBINAR SERIES

# Objectives

- ▶ Objectives for this workshop;
  - ▶ General tips
  - ▶ How to participate online
  - ▶ How to work as part of a group
  - ▶ Trying to interact with peers
  - ▶ Clubs and Societies



# Quick Tips for Participating Online

Be  
organised

Find a study  
space

Set up a  
study  
groups

Use social  
media

Breaks and  
downtime

Ask  
questions

# Benefits of joining a club/society



Feeling part of a community



Meet new people



Enhanced experience of university



Try new interests

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# First Day Contact

## Apprehensive about attending?

An appointed First Day Contact is someone from your chosen Club/Society who can welcome you and support you to become a part of the group.

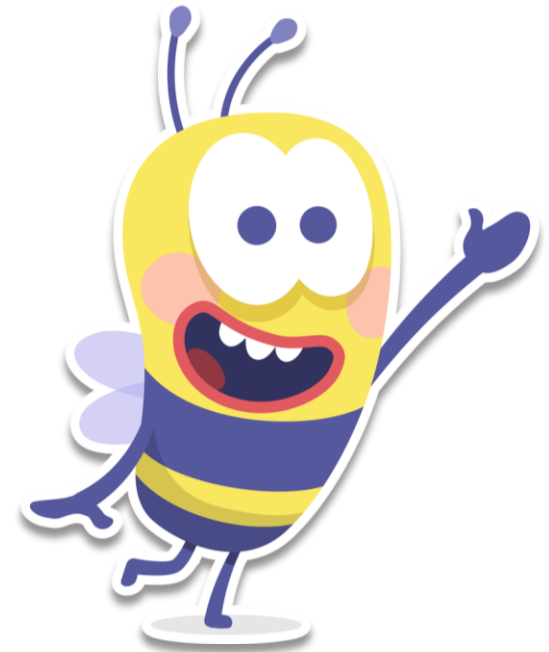
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Clubs&Socs

# First Day Contact Role

What is it?

- ▶ An initial connection point for MU students.
- ▶ A Welcoming Person for students who are nervous/ unsure about joining clubs/socs throughout the year.
- ▶ Introducing students to the group and ensuring they feel included.
- ▶ A person that signposts relevant supports/services.



# Connecting with Peers

- ▶ Connecting with your peers who are comfortable doing so is a good first step to getting to know one another better and making friends in your course
  - ▶ Attending Tutorials
  - ▶ Joining societies related to your course.
  - ▶ Keeping an eye out for social events.
- ▶ Suggesting to a classmate who you are friendly with to meet for coffee before a lecture.
- ▶ Try make friends with your roommates, or friends' roommates.





# Connecting with Peers- Online Platforms

- ▶ Facebook, Instagram, Snapchat, WhatsApp, Tik Tok, and Twitter, Discord.
- ▶ Moodle - MAP area.
- ▶ Teams
- ▶ Connecting with classmates through these online platforms is a great way to build deeper relationships and make new friends outside of college.
- ▶ People communicate differently and it is important to be mindful of this.



# Remember!

- ▶ It takes time to make friends.
- ▶ If you haven't made any/many friends- you aren't alone with this!
- ▶ Chances are there is someone else in your class who is hoping somebody will chat to them.



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- ▶ Have you more ideas on how to connect with peers?

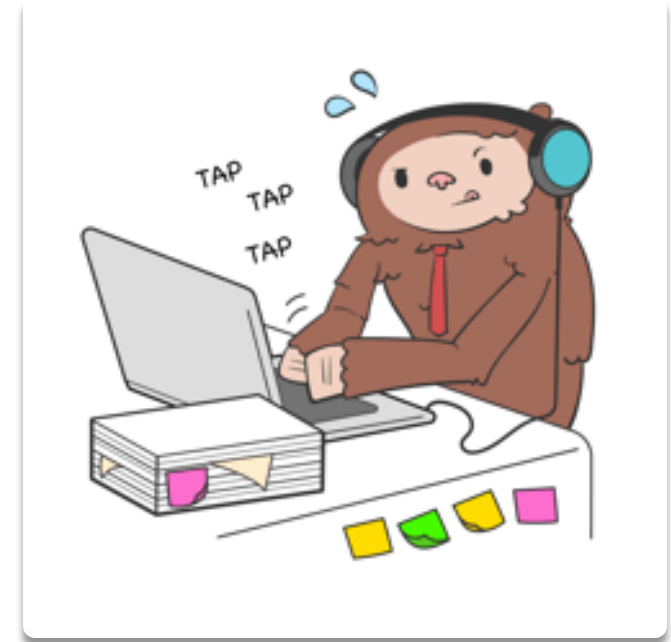
# Netiquettes for Communicating Online

- ▶ Having an agreed set of guidelines/'netiquette' allows everyone to focus on their learning experience rather than developing anxieties around participation.
- ▶ A netiquette can help you to
  - Understand how to communicate with class members online.
  - Be mindful of accessibility and inclusion for others.
  - Allow for a diverse discussion, which can create a richer learning environment for all.

Netiquette Guideline
1. Use full names, not nicknames or pseudonyms, in all interactions.
2. Put up profile pictures instead of blank screens where you cannot share live video.
3. Be patient as everyone adapts to the new environment.
4. Be polite in all communications: try to avoid dry, jokey, or sarcastic comments.
5. Avoid using 'ALL CAPS' in communications.
6. Run emails/posts/text-documents through a spelling and grammar check before sending/posting.
7. Make your communications short, clear and concise.
8. Be polite when requesting information or contributions from others.
9. Keep contributions brief and meaningful in written and spoken environments.
10. Gather documents/posts that you will need to support your contributions during live discussions.

# Set up a Study Group

- ▶ Who will be part of this group?
  - ▶ 3-6 people
- ▶ Decide What the Purpose of the Study Group is-Ask each member what they want to get out of the group
  - ▶ When will you meet?
  - ▶ What will you cover? Is it a mix of study and social?
- ▶ Stay Focused to Minimize Drama
- ▶ Maths drop-in hours & support center



# Difficulties

- ▶ Working in groups can be difficult for a number of reasons
  - ▶ Different personalities
  - ▶ Different timetables
  - ▶ Different expectations
- ▶ Working online presents its own challenges
  - ▶ Motivation
  - ▶ Getting distracted



# Tips for Working as Part of a Group

Communication is  
Key!

Everyone must  
have a clear role

Plan the  
assignment  
together

Set provisional  
group deadlines

Organise regular  
check-ins and  
meetings

Set a final review  
deadline in  
advance of your  
assignment  
deadline

# Fear of Participating

- ▶ 74% of people fear public speaking
- ▶ Ranked no.1 fear in a survey
- ▶ Same autonomic nervous system response when life is threatened
  - ▶ Fight or Flight system – dry mouth, adrenaline, shaking, shaky voice sweating, increased heart rate.
  - ▶ Must activate parasympathetic nervous system – slow breathing and heart rate, minimize perceived threat through biofeedback
  - ▶ Take deep breaths, sip some water, get fresh air if feeling overwhelmed etc.





# Why am I so nervous?

## ► Examples of what we might be thinking?

- Will I look or sound nervous?
- Will I mess up what I am trying to say?
- Will I get a mental block?
- Will people sense I am not confident?
- What will people think of me?
- Past failures!



# Visualization & Goal Rehearsal

- ▶ If you're feeling nervous, practice beforehand
  - ▶ Ask a family member or a friend to join on Teams and see how it works
- ▶ Imagine yourself speaking clearly and looking relaxed.
- ▶ Imagine someone asking a question and you responding well.
- ▶ Imagine how relieved and proud you will feel after.



# Shaky Voice



- ▶ Pause, smile, take a drink
- ▶ Take a breath and ground yourself
- ▶ Slow down
- ▶ Speak next sentence strongly.

# Grounding Exercise



5 things you can see



4 things you can feel



3 things you can hear



2 things that you can smell



1 thing you can taste

# Confidence



# FAKE IT

- ▶ Stand tall, open your chest
- ▶ Gestures
- ▶ Move around
- ▶ Vary tone
- ▶ Smile!(facial Feedback)
- ▶ Make eye contact



# Take Away Points

- ▶ Preparation is key
- ▶ First day contact
- ▶ Set up a study group
- ▶ Reframe anxiety
  - ▶ Fake it until you make it!
  - ▶ Use techniques to help you feel calmer





Any questions?



# Ice-Breaker

- ▶ Would you rather:
  - ▶ Always be 10 minutes early or 10 minutes late?
  - ▶ Be invisible for a day or be able to fly?