

# Relationship Tips For College Students

## Meeting New People

Meeting and befriending new people at college is very important to make the most of your college experience. Going to club meetings, committees, or on-campus events are all perfect social opportunities to meet other students. Relationships with faculty are critical for academic success in the areas of academic performance, engagement, and motivation (Dingel & Puntì, 2023). To create positive relationships with your professors, be willing to volunteer in class, be accountable in the classroom, follow course procedures, and attend office hours (Claybourn, 2022).



## Maintaining Relationships with Past Friends

To maintain relationships with past friends, talk on the phone or video call, use social media intentionally, or even send letters (George Fox University, n.d.). Sending letters can be more meaningful, as often texting or social media may not feel as genuine. It is also important to accept the value of temporary friendships. Some of your prior friendships will not follow you into adulthood, but that does not devalue the memories and experiences you had with that person (George Fox University, n.d.).



## Healthy Vs Unhealthy Relationships

Unhealthy relationships can exist with friends and significant others. Toxic signs in a relationship can take on many forms including not being accountable for their actions, expecting you to spend more time with them than others, not respecting your boundaries, and lack of trust (Moorpark College, n.d.). Conversely, healthy relationships include mutual respect, trust, honesty, separate identities, good communication, and fairness (Loyola University Chicago, 2009).



## Setting Clear Boundaries

Setting boundaries is like drawing a figurative line showing what you are comfortable with versus what you are not comfortable with. There are six types of boundaries which include physical, intellectual, emotional, sexual, time, and material (Tawwab, n.d.). Boundaries should be set both in romantic and friendship type of relationships. Boundaries may vary from person to person (Panzirer, 2023). You may have more strict boundaries with one friend and more relaxed boundaries with another. When setting boundaries, think about your own limits, be assertive, be direct, pay attention to your feelings, seek support from others, and start small (LMU Cares, n.d.).

