# How to make friends at university

From Black university students, to Black university students

@BPTwellbeing

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## 1. Write your friendship want list

Write a list of everything you'd like from your friendships. Ask yourself if you are everything you need from a friend. The best friendship you'll have is With yourself

#### 2. Join societies



Universities have lots of different student unions societies you can sign up to. You can meet lots of different people based on shared hobbies, interests, career goals, identities.

#### 3. Study outside



Study in coffee shops, libraries, cafés, shared workspaces, parks. Anywhere were you can get chatting to someone about anything. Sometimes you'll find people might approach you too!

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### 4. Introduce yourself



If you feel safe, smile and introduce yourself to people in your flat, classes, or around campus. You never know who may be your future friend. The chances are everyone feels shy and awkward!

What are your tips for how to make friends at university?

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