



BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

•••• *Wellness Tips* ••••



# SOCIAL LIFE



BOSTON COLLEGE  
Division of Student Affairs

CENTER FOR STUDENT WELLNESS

# TOP 10 TIPS

**1.** Focus on quality rather than quantity - spend time with people who are important to you

**6.** Enjoy at least one meal a day with others

**2.** Visit My BC to see what's happening on campus. Try something new!

**7.** Play and have fun - do something you want to do, but don't need to do

**3.** Reach out and keep in touch with those who are far away - maybe a phone call or facetime

**8.** Ask open ended questions and learn something new about your friends

**4.** Put your phone and electronics down and strike up a conversation

**9.** Create a list of different activities you can do with others and plan a few

**5.** Schedule regular activities, such as weekly meals, game, movie, or sports nights

**10.** Check [thebostoncalendar.com](http://thebostoncalendar.com) for free events in Boston