

MAKING & MAINTAINING CONNECTIONS IN AN ONLINE ENVIRONMENT

ADJUSTING TO DISTANCE EDUCATION

Everyone's reaction will be different. Some may have chosen to go ahead with school in the fall because of the autonomy and flexibility virtual learning offers. Some may be relieved to not be on campus due to not enjoying or needing the social component of college. For others, the forced remote or hybrid learning plan means their first year or return to college may not look like they were expecting or hoping for.

What's going to be different?

- Limited to no chance to connect in person with instructors or classmates
- Limited to no chance to connect casually on campus/residence with classmates or friends
- Limited opportunities for parties, social activities, or campus community/social events
- Restrictions/health to consider before meeting new people or dating

What might I feel?

- Disappointed
- Frustrated
- Sad
- Disconnected
- Isolated and lonely
- Constricted/suffocated
- Helpless
- Guilty
- Increased homesickness
- Increased depression and anxiety

MAKING CONNECTIONS

Participate in virtual orientation

<https://www.algonquincollege.com/pembroke/orientation/ac-start-orientation/>

Follow the college's social media

Facebook: @AlgonquinCollegeWaterfrontCampus

Instagram: @algonquinpem

Twitter: @AlgonquinPEM

Explore virtual campus clubs

<https://www.algonquinsa.com/campuslife/clubs-and-communities/>

Attend virtual campus events

<https://www.algonquinsa.com/studentlife/>

https://www.algonquinsa.com/events/?start_date=2020-03&view=calendar

Explore community activities

Many businesses have reopened, so there are still opportunities for getting a part-time job, volunteering, or socially-distanced activities and events. Check out your local community/recreation website.

Pembroke Community Guide:

<https://www.pembroke.ca/download.php?dl=YToyOntzOjI6ImkljtzOjQ6IjM3MzMzMzMiO3M6Mzoia2V5IjtpOjE7fQ>

<https://www.eventbrite.ca/d/canada--pembroke/all-events/>

<https://www.pembroketoday.ca/pembroke-upcoming-events/#>

MAINTAINING CONNECTIONS

Start an online/text forum

Take advantage of social media to connect with classmates and people you'd like to become friends with. See if you can post a link to your personal accounts. Start a Facebook group, even if just for a specific class so everyone has a space to ask each other questions and for support. Start or search for a Pembroke campus-specific group (many students will be in the same boat).

Start a virtual group

Organize a virtual writing group, book/movie club, or cooking or exercise class.

Spend time together in person

Make an effort to meet occasionally. If you follow the [guidelines](#), you can still meet up safely with a small number of people, especially if they are part of your bubble. Be respectful of the guidelines and restrictions; limit exposure to large crowds and wear a mask most of the time (and when required).

Get creative with activities

Host a virtual trivia or game night. Try doing a virtual museum tour, roller coaster, or virtual reality game. Do more activities outdoors. Organize movie watch parties.

Virtual Connection Options: [Houseparty](#) / [Zoom](#) / [Skype](#) / [Facebook Watch Party](#) / [Netflix Party](#) / [Online Board and Card Games](#)

Adjust your expectations

Prepare to feel frustrated and disappointed. Things won't be the same. You might feel disconnected from others. You might feel isolated if you observe friends/classmates posting pictures of things they are doing together. It might be harder to maintain certain friendships if you cannot meet in person. It will be harder to date and it might take longer to make friends, with everyone being busy trying to balance remote learning, work, and family. Not everyone is comfortable or great with texting, video calls, or talking on the phone. Without the ease and convenience of in-person interaction, virtual connections will require a bit more effort to maintain.