

16.11.2020

# *bridges to university*

issue no.12

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## ***Introduction***



AUTHOR(S): Stephanie Huynh

Happy November! Welcome to the twelfth issue of the official bridges newsletter! We hope you're all doing well!

Are you a social person? Or perhaps you prefer to keep to yourself? Whether you identify with the former or the latter, we can all agree that communication and social interaction is a key part of our lives. Unfortunately, many of us are struggling to keep up with our social needs as the year goes on--especially in quarantine.

That's why in this issue, we'll be covering communication with those around you! Specifically, why it's important and tips on how you can communicate!

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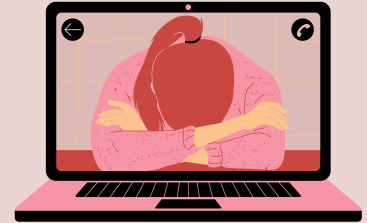
# ***Why Communicate When I Have Me, Myself, and I?***

AUTHOR(S): Stephanie Huynh

Communication is something that we, as humans, need to survive. It's strange, isn't it? Why do we need to interact with others to survive? Well, there are many answers to this question, and we'll be discussing some of these answers right now!

## ***you feel less lonely***

When you're in post-secondary, the fear of missing out (FOMO) is one of the most prominent feelings that students feel. With social media becoming such key parts of our lives, we are bound to see and discover new things that we can only wish to do--things that seem leaps and bounds better than what you're doing at that very moment. This causes you to feel unsatisfied with your life. Communication can alleviate some of these negative feelings.



## ***to take care of your mental health***



Mental health is something many of us may be struggling with in quarantine. While many of us believe that we can lock ourselves indoors for months on end, humans are, at their core, social beings. Without communication, we'll begin to feel stressed and isolated amongst many other things. Keeping these feelings to yourself isn't healthy, and will only worsen them. Talking or messaging others will help relieve you of these growing feelings and can even help you better process them,

## ***it can help you cope with imposter syndrome***

Have you ever felt imposter syndrome? It's the persistent feeling where you doubt your skills and believe you are a "fraud" of sorts. Sometimes talking to others about these doubts of yours will help you feel better about yourself. It isn't the perfect solution, but it's a way to help ease this feeling and make it easier to handle than if you were on your own.



## ***you can spend more time with those you care about***



It's easy to overlook not only yourself, but your friends and family as well--especially as your workload begins to increase. Communication can help you solidify and re-establish these relationships after a period of absence. Even just a small conversation every month can keep the fire going!



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# ***Why Communicate When I Have Me, Myself, and I?***

AUTHOR(S): Stephanie Huynh

## ***it'll help power through the semester***

Now that you're halfway done with your first semester (or nearly done your quadmester), much of your initial excitement for school has likely worn off. You'll find yourself tired and unmotivated, but communication can help you get back into gear. Relaxing and de-stressing will help you find your way again! Spending time with your friends and peers will definitely help you far more than if you were to do so alone too!



## ***it'll help broaden your horizons***



Meeting new people is one of the hidden gems of post-secondary.

You get to meet a variety of people--people from different backgrounds, people with different career paths, or even people who come from an entirely different country! Meeting new people allows you to expand your perspective of life and learn something new. With these connections, you can grow alongside these people and create new memories with them as well. (Not to even mention that these connections will benefit you in the future as well!)

While communication is important, you musn't ever force yourself to communicate if you're uncomfortable. Not all communication is good communication. Always put yourself before anything else. If you're communicating with someone who is toxic or unhealthy, it's definitely a good idea to cut them off. Furthermore, everyone needs some time for themselves as well. Everyone has their limits when it comes to social interaction and this can vary between person to person.

Now that you understand that communication is a key part of our lives, you may be wondering: How do I communicate? Are there ways to communicate better? If so, what are they? If so, then lucky you! Because in the next section, we'll be discussing just that!

# ***Effective communication - Life's final boss. :)***

AUTHOR(S): Hussain Jan

We've just seen how important communication really is and how it is an essential component in not only your academic career, but life in general. Like almost every other habit however, knowing its importance and actually implementing it throughout your daily life are two very different things. You would have to slowly tweak your routines until you can incrementally master effective communication in whatever you do. Having said that, here are some quick tips and tricks to help you get closer to better communication with your family, friends, and professors!

## ***facetime/video calls***



Once you're in post secondary, you might realize very quickly that school will require a big chunk of your time. You might not have time to sit down with your family, go out for outings, or go to the park with your friends. Don't let this become an excuse. Keeping in touch with your family and old friends by calling them from time to time and letting them know how you're doing is a great stress reliever. Surrounding yourself with people who support you and your aspirations is also key to attaining your goals. Post secondary can be a stressful place, so don't try to carry the entire burden alone!

## ***schedule effectively***

We all know that feeling where we've procrastinated a bit too long and now have half the semester due tomorrow. What people sometimes forget is that procrastination would not only affect your marks, but also your connections and friendships. Make sure to schedule your daily activities and stick to the schedule so you can put in some time to walk with friends and play some games. Maybe even have a sleepover and play that new game you got on the Xbox or PS5 (we don't judge which).



## ***indirect communications***



Communication isn't always direct or verbal! Collaborating or working on common tasks is also a great way to get to know each other. Working together to make a playlist of your favourite songs on Spotify, cooking, or simply just being in the same room is sometimes enough to lift the mood and strengthen your relationships.

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# ***Effective communication - Life's final boss. :)***

AUTHOR(S): Hussain Jan

## ***nightly study sessions***

Once you start going to post secondary, there's a very good chance that many of your friends would also be university or college students and have very similar lifestyles like you. They would also be stressing over that one assignment, going crazy over that one professor, or getting frustrated on that one question. Whatever the case, having study sessions during some nights of the week would not only help your communication, but get your work done at the same time! In fact, just having your camera on and both of you working is enough to have a productive night!



## ***go to events***

In post secondary, chances are there will be many events tailored towards your interests and career goals. Try to go to these events (either physically or online) and meet like minded individuals who have the same ambitions as you. Who knows, you might even make some new close friends!.

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"Midterm Aftermath"

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### NEXT ISSUE

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