Interviewer: How’s your current time at U of T, what are you studying?

P1: Pretty good. Biochem and cells and systems.

Interviewer: In terms of events at school, what kind of events interests you / makes you want to go.

P1: Depending on what kind of club, if it a hobby or activity that I am interested in I would maybe stop and drop by. Or like a seminar if it sounds interesting maybe I will go.

Interviewer: Do you find it hard to find these events?

P1: I think it is relatively accessible.

Interviewer: How often do you go out to these event? Do you find yourself going more on weekends or is it better during the weekdays.

P1: Maybe 2 or 3 times a month. Probably better during the weekdays.

Interviewer: How long roughly are these events?

P1: 1-2 hours

Interviewer: Comparing school life and social life which do you think is more important?

P1: Probably school.

Interviewer: Describe how you would balance your academic life and social life.

P1: Probably during the weekdays during school days I would see my friends during classes or if I have 1 hour break between those or during meal times, or study together after. But usually we would hang out and do activities together on the weekends.

Interviewer: Can you describe the last time you ran into challenges where you faced problems with balancing academic life and social life? What do you think is part of the problem?

P1: Last week I had a bunch of midterms, there was a lot of activities my friends would want to go out to do, I would need to time manage well to accommodate both academic life and social life. It’s both that people don’t have the same schedule and people have different ways of time managing, sometimes people would be more free in the mornings, and other people will be more free in the evenings. So it would be hard to accommodate for both of those types of people.

Interviewer: How would you cope with this type of challenge? Any strategies?

P1: If I know I have a midterm coming up but then my friend also wanted to hang out, I would probably study beforehand so I would have time to go and do stuff after.

Interviewer: Describe any things that can be implemented in order to help this balance?

P1: It would be nice if everybody had similar exam schedules, maybe something similar to december exam schedule where everybody knows that those two weeks are specfically for exams. People started having midterms from end of september to the middle of october so thats a huge range, and another batch in november too. So everyone is all over the place.

Interviewer: Focussing on social events, can you describe last time you tried to look for social events, what did you look for? What type of event was it?

P1: 2 weeks ago, it was a preplanned event, the room was booked, there was announcements and posters. It was prebooked over a month ago, so people who had exams would know thats when the meeting/ event is. (Used facebook to find it)

Interviewer: How would you look to expand your social life at U of T? Any challenges?

P1: Probably through facebook and through other clubs. Usually a lot of clubs do social events together, and thats how they get their word out to not only their club members but also other people too. I think it would be useful to have another Clubs Fair not just at the beginning of the year.

Interviewer: Do you find students generally hang out within the same program?

P1: I think its ok, it is not too bad.

Interviewer: In terms of expanding your social circle at U of T, can you describe any sort of challenges that you might face, or if you don’t? What makes it easier for you.

P1: It is not bad, there is nobody here that is outright not open to talking to people. People in class you can always go up to them and introduce yourself, you can just make friends in class. Or you can make friends through people or other friends.

Interviewer: What would be your best strategy to talking to people?

P1: Probably in class. A lot of my classes now are smaller so there is more interaction, and a lot of my classes actually require us to talk the people beside us for class marks so we kind of have to.

Interviewer: What do you find about the forced interaction?

P1: Its not bad it gets people talking.

Interviewer: Recall first year, do you think a big lecture hall might affect this?

P1: I think that is a lot different. Because first year a lot of people is new, so everybody is meeting new people everyday. But the big class definitely makes it a lot different compared to the small classes we have now.

Interviewer: Can you go through the step-by step on how you would typically find an event.

P1: It would either be somebody inviting me to an event, or it would be posted on one of the group pages on Facebook like the class of 2020 or the lifesci group, somebody would post it and I would be scrolling and I see it and I click it and I read it, and be like am I interested in going or not. If it doesn’t conflict with class, I would usually go if I am interested.

Interviewer: Do you have to go with a friend?

P1: If I know the person who posted the post, or if I can get somebody else to go with me. If not I would just go drop in see for the first few minutes and see if I want to stay.

Interviewer: How’s your current time at U of T, what are you studying?

P2: I study nutrition and physiology double major and immunology minor. I feel like there's constant stress from school work, but there's also time to do other stuff.

Interviewer: In terms of events at school, what kind of events interests you / makes you want to go.

P2: I probably don’t actively seek out events, but sometimes they would be on Facebook or something. If your friends are interested in events it is going to show up, so I feel like I don’t have to actively seek out events, because there are always tons of events that my friends are interested in that I see on social media.

Interviewer: How often do you go out to these event?

P2: It honestly depends on the time. Because sometimes it would be during midterm season so usually the smart move is to stay at home to study instead of going out at night.

Interviewer: Would you say midterms are one of the main thing that’s holding you back?

P2: Yeah and school work.

Interviewer: Do you find yourself going more on weekends or is it better during the weekdays.

How long roughly are these events?

P2: I feel like it would be more convenient if it was on the weekends. Maybe 2 hours at most, it’s not that I go to parties or anything, there is a lot of academic seminars that don’t take that long.

Interviewer: Comparing school life and social life which do you think is more important?

P2: I think academic is probable more important, but you still have to go out and go out with your friends.

Interviewer: Describe how you would balance your academic life and social life.

P2: I feel like it is important to take a breather, your entire life can’t be just work. The only time I feel like I am allowed to hang out is when I feel like I am on top of my work. So I feel like by keeping up with my schedule and doing all the work I feel like that’s how I determine my social life.

Interviewer: Can you describe the last time you ran into challenges where you faced problems with balancing academic life and social life? What do you think is part of the problem?

P2: I don’t think I had a problem with balancing.

Interviewer: Describe any resources that can be implemented in order to help this balance?

P2: I feel like sometimes when people are really into academic, maybe for some people it’s due to anxiety, because they need to do all this work in order to go out. U of T have all these student life things that they can go to if they want. I feel like it’s also sort of an individual thing. It can be a personal preference whether you prefer to study or prefer to go out because some people can prioritize social life over academic and that's their choice.

Interviewer: Focussing on social events, can you describe last time you tried to look for social events, what did you look for?

P2: Probably from my friends, I have a friend who keeps inviting me to these events, I never actively seek out one. Main resource for finding events is friends.

Interviewer: Describe your strategy to look to expand your social life at U of T?

P2: A strategy would be to join clubs, I feel like especially to join a club for hobbies. Join clubs that you like or interested in. The people there will obviously share the same interest as you rather than in lecture, where you will probably never see them again.

Interviewer: You mentioned in lecture, what do you think the challenges are in finding people?

P2: Because in lectures there is so many people, especially if you take courses in con hall and especially lifesci in general because there are so many people, if you sit with one person in one lecture, you will probably not going to sit with them in the next one. Unless you actively plan to do it. But some people after meeting once, I feel like there is a boundary that you don’t know if you are allowed to cross that yet.

Interviewer: Do you find students generally hang out within the same program?

P2: Yeah I feel like people usually hang out in groups and programs. But sometimes you can be in the same program and you switch out and you can still be friends with those people.

Interviewer: Can you go through the step-by step on how you would typically find an event.

P2: For an event, if its on social media or a friend tells me, if the event is something I am interested in and I am willing to take time off to actually go, then I would actively seek out the details. Then I would probably get more people to go with me, then make plans.

Interviewer: How important are friends as factors for you to go to these events?

P2: I feel like it’s pretty important. Personally for me I hate going to events by myself, so I feel like with friends it more encouraging for people to go to events. I feel like it is sort of intimidating sometimes to go to events and you don’t know anyone. Also with anxiety, it is a lot easier if you went with friends than to go by yourself.