

“Be sure to keep in touch with friends during those initial hectic months”



No distance of place or lapse of time can lessen the friendship of those who are thoroughly persuaded of each other's worth.

Robert Southey

Bidding Farewell

Many of you leaving student life at UoN will also be moving away from Newcastle. You may be aware of a sense of loss at the same time as being ready to embrace change and new beginnings.

Naturally there are people and places to bid farewell. If you've made some valued friends here be sure to keep in touch with them during those initial hectic months. You might even like to schedule a reunion now. There are so many social networking options for linking up again. These tools can also be used to develop peer support groups with shared goals or interests.

Some new grads will be moving home to live with family. Perhaps there are some ways you'd like to show gratitude for their support during your studies. You could also consider how you'll negotiate shared living arrangements once again now you're an independent adult.

Others will be moving out of home for the first time. If you're starting out in a new city, think about how you'll meet people. Perhaps you enjoy sports or bush regeneration or you'd like to learn to cook Thai food.

Our [international students](#) will return home overseas and may need time to adjust to their own culture again. Don't forget to use some of the coping strategies you developed while you were studying here and appreciate your cultural competence as an asset.

Wherever you go, make an effort to keep friends and family in the loop and look for ways to develop new connections and networks. Anywhere you go in the world, remember that you're now part of our [UoN Alumni](#) network.

Reflection: Relationships

How will you say goodbye?

What do you need from your relationships at this time?

What new connections would you like to make?

Tip:

Keep a list of current and future contacts