

# CONNECTING DURING COVID-19

## 9 TIPS FOR SOCIALIZING WHILE SOCIAL DISTANCING

### USE TECHNOLOGY TO CONNECT WITH FAMILY & FRIENDS

From [Facebook](#) to FaceTime to [Google Hangouts](#), there are many virtual tools that can be used to help you connect with others while practicing social distancing. Schedule regular calls with friends and family like you would schedule a work meeting to stay connected with the people in your life.



### START WATCHING TV SHOWS OR MOVIES AT THE SAME TIME WITH FRIENDS

Try out [Netflix Teleparty](#) to host a virtual movie night with friends and family members.



### SAFELY SOCIALIZE WHILE YOU EXERCISE

Try out one of the free virtual group exercises offered at [Rec Sports](#). Exercise with a friend/family member at a safe 6 foot distance. If you live alone, slip on your walking shoes and then call a friend or family member to accompany you for a walk and chat.



### PARTICIPATE IN VIRTUAL GAME NIGHTS

Invite friends and family to an online game night. [Jackbox](#) games and the [Houseparty](#) App are two options that offer users a variety of different multiplayer virtual games. [Among Us](#), is a fun, free multiplayer game available on PC, iOS, and Adroid that allows users to play with friends, online players, or both!



## FIND MODIFIED EVENTS ON CAMPUS.

Explore [gobblerconnect.vt.edu](https://gobblerconnect.vt.edu) for a list of virtual campus events and activities happening this semester. Follow different department and student org. social media pages for information and fun visuals that can involve you from your dorm room or house.

Check out these existing clubs and resources to get started:



## DEPARTMENTS TO FOLLOW FOR CAMPUS EVENTS:

- Cook Counseling Center
- Hokie Wellness
- Rec Sports
- Schiffert Health
- The Source
- VT Engage

## START/JOIN VIRTUAL CLUB OR GROUP

Start a text or email chain with friends about good articles to read, videos to watch, podcasts to listen to, and songs to hear. Invite people to join an interactive online discussion group on any of these.

## EXPLORE DIFFERENT CULTURAL EVENTS

Chat with friends while taking virtual tours together of museums, national parks, and more free options from [Google Arts & Culture](#). Tune in to [live-streamed concerts](#) and other cultural events available virtually during COVID-19. [Check out VT Performing Arts](#) for a list of virtual event being offered through campus this semester.



Google Arts & Culture



PERFORMING ARTS EVENTS

## GOBBLERCONNECT

## REACH OUT FOR HELP

If you are experiencing loneliness or feeling discouraged about making friends during COVID-19, reach out to the CCC to find out what resource are available to help you better connect with fellow hokies.

**2475 Oak Lane**  
**Blacksburg, VA 24061**

**540-231-6557**

## SEEK OUT STUDENT ORGANIZATIONS THAT INTEREST YOU

[Gobblerconnect](#) has a list of many of the student clubs organizations at Virginia Tech. Clubs and organizations are a great way to meet new people with similar interest as you. Not interested in any of the clubs on campus? Start your own!



STUDENT AFFAIRS  
**COOK COUNSELING CENTER**  
VIRGINIA TECH.