Weekly connection planner

Plan a few small points of contact each week: family calls, a friend, a club, a campus event. Loneliness is common in a new country; your school's counselling office can help too.

NAME _____ DATE _____

Week of	Call or message family	Meet a friend or classmate	Club, faith or community event	Something new in the city	How I felt this week (1 to 5)	Next week I will