

LC-DC Podcast Season 2, Episode 1: Building Community with Mariana and Savannah from the DSU

Show Notes

Host Bios

Mariana is the Director of College Relations for the Douglas Students' Union and a second-year Legal Studies student at Douglas College.

Savannah is the DSU Women's Representative and a fourth-year International Business Management student at Douglas College.

Ryan is a faculty member in the Douglas College Learning Centre.

Episode Summary

The relationships you build in college can have a lasting impact on both your academic journey and your life beyond graduation. In this episode of the LC-DC Podcast, Ryan sits down with Mariana and Savannah from the Douglas Students' Union (DSU) to discuss the importance of community, connection, and friendship in post-secondary education.

Drawing from their own experiences as students, Mariana and Savannah share how simple acts, such as introducing yourself to a classmate or accepting an invitation to study together, can lead to lifelong friendships, valuable support networks, and unexpected opportunities. They reflect on the challenges many students face when trying to connect with others, including shyness, fear of rejection, busy schedules, and, for international students, language and cultural barriers.

The conversation explores practical ways students can meet people and get involved on campus, from attending DSU events and volunteering to spending time in shared spaces like the library, gym, and student lounges. The hosts also discuss the value of building relationships with instructors, staff, and other members of the Douglas College community.

Throughout the episode, Mariana and Savannah encourage students to be confident, take initiative, and step outside their comfort zones. Their advice is simple but powerful: say hello, start a conversation, and be open to new experiences. You never know where a small interaction might lead.

Resources

For DSU Events and Resources, visit thedsu.ca and follow @thedsu6 on Instagram

For more college events, check out the following website:

<https://www.douglascollege.ca/about-douglas/news-and-events>

And for Library and Learning Centre Events, go here: [Upcoming Events | Douglas College Library](#)

What Next?

Book an appointment with a Learning Centre tutor through [our online booking system](#)

Follow the Douglas College Learning Centre on Instagram @dclearningcentre

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Thanks for listening!