

Anthony Wallace: Welcome to the companion podcast for the Sixth Edition of the bestselling book, *How to Survive Your Freshman Year of College*. We interviewed hundreds of real life college students and recent graduates to get the real answers to the endless questions you must have on living in a dorm room, dating, the dining hall, classes, extracurriculars, Greek life, and more.

Anthony Wallace: Like in the book, on the podcast you can hear the uncensored voices of these freshman year veterans as they share their candid and cautionary tales. They have been where you are now and they want to help.

Anthony Wallace: This episode of the podcast is brought to you by QuadJobs, where small jobs count.

Anthony Wallace: On this episode we talk about the emotionally charged world of dating. We have come to understand the modern day college campus as a hormonal jungle populated by young people recently unhinged from the supervision of their families. Traversing it can be a little intimidating.

Anthony Wallace: For many, this adventure begins with a heart wrenching dilemma. You and your high school sweetheart are going to different places to further your education. Do you continue the relationship long distance? Sam, a sophomore at Loyola University in Chicago said, "Yes." And he is happy with that decision.

Sam: Yeah, so we had met the Friday after my graduation at a grad party. Kind of hit it off at this party. Got her social media, slid into the DMs and the rest is history. We were talking 24/7 and that summer was like one of the best summers of my life.

Sam: When we came to the decision to basically break up, it was like really hard but also it didn't feel like a breakup. Like we still talked when I first got into Loyola. We were like, well we talk every day might as well just re-put the label on there.

Sam: The best part is just having someone that reminds you of home kind of with you at all times. Someone who gets you. Especially like in your freshman year of college when you're trying to meet all these people and you're trying to not only impress people, but make new friends and your significant other, they appreciate you for who you are. And you don't have to try and be someone new for them. They love you for who you are.

Anthony Wallace: Andy, a graduate from the University of Colorado at Boulder recounts his continued high school relationship with a different sentiment. Along the way, he opens up a whole new can of worms, cheating.

Andy : As Tony Soprano would say, "You have to step in with two feet or don't step in at all." And I think if you're going to keep a girlfriend from the past around in college, the same principle applies. You have to jump in with either two feet or don't jump in at all. You know?

Andy : Before I went off to college, I remember her and I had an agreement that once we went off to school we were going to break up and then a week before school started she was like, "No, I still want to be with you." I wasn't able to be honest and I wasn't able to communicate and say, "I still want to break up. Like, I want to enjoy my college experience as a single person."

Andy : And I wish I had done that because instead of doing that, I went into college with a girlfriend and then the first party I went to at the Jewish Frat, I see a girl and I meet her and we ended up having sex that night.

Andy : The next morning I wake up and I remember there was some kind of an assembly. The magnitude of what I'd done just kind of like crashed on me. And I was like, "Oh my God." Because I had never cheated before. And I remember just getting up to leave that assembly and I just threw up because I felt so anxious and I was so ashamed. I was just...

Andy : Oh God, it was the worst feeling ever. And it was a terrible feeling, but it's also like such a great learning experience because I learned firsthand, that cheating is not an ethical thing to do at all. And it's so much easier to just be honest and upfront and say, "Hey, I really don't want to be in this relationship anymore."

Andy : I just imagined how much grief that would've saved me. Like sure my ex would have felt bad, but at the same time I didn't do anything wrong. It's like I'm living my life, you're living yours and we're not impeding upon each other's freedom. We're just not in a relationship anymore.

Andy : But instead I broke her trust. It screwed me up for a long time. It's a terrible thing. It's just so... What a horrendous thing to put somebody through. You know, you have their trust, they like you a lot, they love you and you just abuse that human connection.

Anthony Wallace: Long distance or not, is a relationship in college ever worth it? There will never be another time in your life when you'll be surrounded by so many others of the same age. On one hand, it seems like just the time to be searching for something serious. But others see a committed relationship in this time as nothing but an obstacle to the kind of self-realization that college is all about. Tom, a graduate of Arizona State University in Tempe, regrets his collegiate relationships.

Tom: I spent a lot of time in and out of three serious relationships during four years of college and that I regret. While they were important and good things for me, and it's kind of nice having... Don't have a girlfriend or a boyfriend if you're in college because it's not going to work out. You're going to change so much and if you don't, you're doing it wrong. And they're going to change so much and if they don't, they're doing it wrong.

Tom: You should be able to make sure that you go and do everything that you want when you don't have anything tying you down. So that's, hey, if you find somebody that you love, that's fine. But personally I think that you should not... Don't hurt yourself or limit yourself by attaching yourself to a relationship in college. Play it out, be only responsible for yourself for these four years because after that you have, that window starts to shrink.

Tom: You never have a better opportunity to be selfish than you do in college. I think in a time that is focused and it's all about personal growth, there's no better time to be as selfish as possible. And, hey, don't get me wrong, I still was selfish a lot during college, but I could have been more selfish and think about how much more of myself I could be.

Anthony Wallace: So how do you meet a romantic interest? Dating apps like Tinder and Bumble are extremely popular, but some people seem to think they're only for hookups. Or like Rhetta, a sophomore at Notre Dame, simply unnecessary on a college campus.

Anthony Wallace: Do people at Notre Dame use Tinder and Bumble?

Rhetta: Yes, but I would say not the majority.

Anthony Wallace: Because you guys are just all close to each other?

Rhetta: Like I definitely know people that use it but it's not super common. At least for me and a lot of my friends, we meet enough people where like that's not an issue.

Anthony Wallace: Meghan, a senior at Northern Arizona University in Flagstaff, feels like an app is an unromantic way to meet somebody. And she raises some interesting concerns about getting involved with someone who uses them.

Meghan : Personally, I think my opinion is a little, not what most people my age would think, but I don't like Tinder or Bumble. I don't know if just very traditional and I want to believe that I'll meet my husband at the grocery store because he reaches something on the top shelf that I can't reach and then we lock eyes and the rest is history. I don't want to have to need something. It feels like intervention of the universe. But you can't deny that people do meet on those apps and they stay together. And they have really healthy relationships and some of them get married.

Meghan : I know a lot of people who use it and they like it, but it almost seems like it just becomes less about the people on there and more just about fillers. Like a filler for needing affection or a filler for needing attention or like validation.

Meghan : Yeah. I think a lot of it is kind of feeds like hookup culture. But you meet somebody on Tinder, how do I know they don't still have a Tinder? How do I

know they don't still talk to girls on Tinder? Like when do you both look at each other and decide that you're going to delete the app?

Meghan : It's like instant gratification for emotional intimacy I guess.

Anthony Wallace: You think a lot of people probably have the app with no intention of meeting. They actually get what they're looking for out of it with just matching and chatting?

Meghan : mm-hmm (affirmative). I know girls that they can never go through with actually meeting them. They either get weirded out or like this is going somewhere that I didn't really intend. I think there's 100% a thrill involved with just going through the pictures. Oh my God, someone matched with me, someone likes me. And then having a maybe a couple interesting conversations and then like onto the next

Anthony Wallace: Like the rest of the world, college campuses have been grappling with questions surrounding harassment in the workplace. What is it exactly? And if you feel that you've been victimized, what do you do about it? We heard two very similar stories. One from a current student and another from a former who found themselves working in the restaurant industry. Greta from Northern Arizona University in Flagstaff was in the midst of a harassment conflict at the time of our interview.

Greta: So this actually happened last night. I was at the restaurant. One of my coworkers came up from behind me and he bit my ear.

Anthony Wallace: He actually put his mouth on your ear?

Greta: He actually... I heard him do like a sound. And he like (pig sound)!

Anthony Wallace: Like a pig?

Greta: Yeah. He bit my ear. I don't know if he was trying to be sexual or not. I get commented a lot on how I look. Some of the waiters try grabbing me. I definitely do feel harassed at the workplace.

Anthony Wallace: Have you told anyone?

Greta: As far as like management, no because I don't really think that he would do anything about it. I don't know. I'm good friends with the manager, but if I were to say something, it's always about just how I look. It's a typical situation where like these kinds of scenarios, the women or men just keep to themselves because they're the victim. They don't want to create any more problem. But in the end, it's not like our fall. It's theirs.

Greta: Like I get hugs and handshakes, but if it makes me feel uncomfortable, then that means there's something wrong with the way that they're like physically touching me.

Anthony Wallace: Yeah.

Greta: It's weird because I hear it all the time. I didn't realize that I was a part of it. The group of women or men being harassed. Because I know that the natural and right thing to do is go tell someone, but I haven't done that yet.

Anthony Wallace: You never thought of yourself as someone until what? Right now?

Greta: Yeah. Talking about it more.

Anthony Wallace: So you want to tell?

Greta: Yeah, I do. Just, I don't know.

Anthony Wallace: It's scary.

Greta: Yeah. It's scary.

Anthony Wallace: Mary, a graduate from the University of Arizona in Tucson had a very similar story, but she recounted it with the benefit of hindsight.

Mary : So I was working as a waitress/hostess and I had this boss. And he was the GM, so he was like, big man in charge or whatever. He was a creep. You just say weird things like, "Oh I like your voice it's so erotic." And like call me hot. And would play with my hair and take off my apron, like pull it from the back.

Mary : And I just figured that since he was the boss and there was really like no one above him in my mind, that there was just nothing I could do about it. And it was just part of the job. And I was in college and I was trying to pay for a summer trip so I just didn't say anything because I needed this job.

Mary : I guess my advice to my younger self would be that someone always cares that you're uncomfortable at work and there's always someone you could talk to. It didn't even have to be someone above him. It could have been like another one of the managers and they would've known what to do.

Mary : Like I had a manager I was very comfortable with. He was a very respectful man. He was like a dad. I know I could have told him and he would have done something about it. Even if he reprimanded him or something like... And I didn't.

Anthony Wallace: Did you ever tell the guy himself?

Mary : No, because I was just like... I don't know he was just my boss. I was younger so I didn't really know that I could stick up for myself in like a weird way. It felt completely out of my hands. Even though it wasn't.

Mary : So one thing that I learned too, is that when you don't say anything, you're never the only person that these people are sexually harassing. Never. You know? Like if you don't say anything to anybody then he's just going to do it to the next girl. Or probably so many other women. Like if you can't do it for yourself, do it for the other women who have to deal with it.

Anthony Wallace: With so many conflicting motives and competing philosophies towards dating, it can feel impossible to know where everyone else is coming from. Meghan, who talked earlier about Tinder and Bumble, remembers a time when a seemingly innocent interaction came to a grinding halt when she brought up her boyfriend.

Meghan : I was at a party and talking to this guy and I thought it was... I just enjoyed talking to another person. Like I was so naively excited just to go to college and meet new people. And he seemed really cool. I mean he was into cars, which should have been my first red flag. I think that's a weird fetish but whatever, to each their own.

Anthony Wallace: You do remember that he was into cars.

Meghan : (Laughing) Yeah, that stands out to me now.

Anthony Wallace: Okay.

Meghan : But that's fine. I was asking him questions about it. It was interesting. I mentioned how I wanted to go home and he offered to walk me, which I thought, oh that's like super nice of him, whatever. It was across campus and it was dark and it was late at night. And only halfway in our conversation I mentioned my boyfriend who is long distance.

Meghan : He obviously stopped in his tracks and his personality flipped very instantly. And he was like, "Wait, you have a boyfriend?" And was like, "Why were you even talking to me? Like why did you even let me walk you home?"

Meghan : And that really pissed me off because it made me feel like such a piece of meat. Like that was the only reason he was entertaining my conversation, my questions, my friendliness was just because he wanted to get a piece of my ass basically. And I think that's just super common especially in a college environment. It's a little bit of that on steroids.

Meghan : Now my filtering skills are really good in practice when I go out trying to like determine if a guy's... Where his intentions are at. And I'm not going to give you my energy, my genuine thoughts if I feel like it's just for some end game.

Anthony Wallace: Although it's wise to be wary, not all actions are loaded with some unsavory aim. Here's Greta again with a heartwarming story of a kind act that expected nothing in return.

Greta: I was just minding my own business at the library. And I went to go print out something and when I came back to my desk, someone left a flower on my laptop. And that made my week, really. Because it's just those random acts of kindness that surprise you and automatically, at least for me, put me in a better mood.

Anthony Wallace: And you have no idea who left the flower?

Greta: No. It's always going to remain a mystery.

Anthony Wallace: A few months had passed since I had that conversation with Sam from Chicago at the beginning of the episode about his long distance girlfriend. I found it surprising and it always stuck with me because in all the other conversations I had with college students in the course of working on this book, it seemed like long distance relationships almost never worked out. I was curious, so I sent Sam a text to see how things were going and he gave me some sad news. They broke up.

Anthony Wallace: Did this happen pretty recently then?

Sam: Yeah, we broke up last week. It was like very mutual, like out of love. We'll still support each other and everything. But just like right now it's a little too difficult. My whole life I wanted to work for the Chicago Cubs and the opportunity presented itself and like I had to take it.

Sam: Yeah. Later on it was like, well, I'm just not going to be in this relationship for now. And it really stinks. But I think the most important advice I've gotten is just like to not let a relationship get in the way of your career.

Anthony Wallace: It seems to me like you've made a good decision. But as far as breaking up, that's extremely hard to do. I mean, what's it been like for you to go through that?

Sam: I don't think it's really hit me. I mean there's going to come a day like when it really does hit me. I've been so busy with stuff going on that like if I haven't really thought very deeply about it.

Anthony Wallace: All right, thanks. I hope that wasn't like sad for you.

Sam: Geez, like now I'm like feeling a little sad. No, you're good Anthony. You're good.

Anthony Wallace: ... bad timing.

- Sam: No, like it's just funny. Yeah.
- Anthony Wallace: Yeah. I mean it's like you said, you felt like you haven't processed it.
- Sam: Yeah. So maybe this will help kick that off. So thank you for being there with me.
- Anthony Wallace: On that cathartic note, we end the episode. As our collection of anecdotes and advice suggests, there's no one way to approach dating in college. But as intimidating and confusing as this hormonal jungle may seem, so many have survived it and you will too.
- Anthony Wallace: For more enlightening and entertaining stories and advice from past students, read the Sixth Edition of the bestselling book, *How to Survive Your Freshman Year of College*, published by Hundreds of Heads. Available at your local bookstore, on Amazon, or at our website, howisurvived.com.
- Anthony Wallace: Once again, this episode of the podcast is brought to you by QuadJobs, where small jobs count. College students need flexible jobs that can work around classes and holidays. Whether it's babysitting, piano lessons, tutoring, or more. There are tens of thousands of job openings for college students. Go to QuadJobs.com to find that perfect one for you.
- Anthony Wallace: My name is Anthony Wallace. Our theme music is by Bob Rabbit. Check him out on all social media and music streaming platforms.
- Anthony Wallace: As always, thank you for listening and good luck out there.