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New College Students Urged to Confront Their Social Anxiety

Starting college can be a fun and exciting time! But Meeting new people can be kind of hard sometimes, especially if you aren't a very talkative person. But luckily there are ways to get over being nervous when it comes to talking to and meeting new people. Click on one of the links for more information.

[Anxiety](#) can be a problem for some college and university freshmen, but there are a number of ways they can cope with new experiences and challenges, an expert suggests.

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