

Transcript:

Episode Five: An Online Social Life

Oge: Hello everyone listening, my name is Oge and I am President of the Students' Union

Kerrie: Hi my name is Kerrie and I'm currently the Marketing and Comms Manager, this episode is all about social media and what we have been doing during our isolation period and what you can do to keep yourself busy online and basically we are just going to talk about social media platforms

Firstly Oge, how are you during this isolation?

Oge: Do you know, my mood has fluctuated a lot if I'm being honest. So at the start my mood was just that I hate it here, that was my entire mood for two weeks. But I'm getting into a routine of being at home, and it helps that everyone else is at home too, that I'm not the only one who is trapped. So I'm getting used to it in a way. What about you?

Kerrie: I feel like similarly I've made peace with the idea that I'll be this way for a little while. At first it was all about well how long am I going to be here, now I'm really enjoying it. Also, I found a TV show that I'm really enjoying, do you remember Who Wants to be a Millionaire?

Oge: Yes, are you watching that?

Kerrie: Yeah that Quiz show, the one where the guy was caught coughing, well I've been watching that every night and it's proper interesting and it's actually given me something to look forward to

Oge: Aw yeah, I'm watching X-Men: Evolution, it's like the cartoon thing that we used to watch when we were younger and I'm watching that on Amazon Prime. I feel like everyone is tuning in to old stuff, because Disney Plus is a thing now, and everyone is watching stuff on Disney Plus.

Old series that we used to watch when we were younger like That's So Raven, Lizzie McGuire, Hannah Montana and stuff, because it's nice Disney Plus has come to the UK and you can rewatch these old things.

Kerrie: I'm so excited for the new Lizzie McGuire movie!

Oge: Yeah! That's so funny, I liked the first one – was that in Italy?

Kerrie: Yeah with Paulo the moped guy!

Oge: Yes, it's coming back to me!

Kerrie: So, based on social media, seeing as that's the topic of the episode, what have you been loving since you've been in isolation?



Oge: You know what, I'm loving the Insta life! You can go onto Insta and see like 10 different people InstaLive. You go at around 6pm and everyone is on it, Tory Lanez, Cardi B, a couple of my friends have been doing lives and stuff, because everyone is just bored. I've been loving the Insta live sessions, they're cool

Kerrie: It's a good way to stay in touch, especially if you want to go live with someone else. A few people have been using it for workouts, for their mates to do it

Oge: yeah there's been a couple of people who do pre-fitness videos too. So a couple of fitness people I follow on Instagram do that, and I'm loving the insta lives, I think they're my favourite thing

Kerrie: For me, it's Tik Tok! I love Tik Tok, I spend so much time in every day life watching Tik Tok videos and I've learnt so much stuff on there – like I've learnt Dalgona coffee, the whipped coffee

Oge: Sick! I'm going to do that this weekend, because you're right I'm loving everyone posting their coffee snaps, I don't really buy coffee like that, but I'm going to make it

Kerrie: Use a whisker if you want to do that though, do not do that by hand, you'll be there forever

Oge: See I don't have one, so it may have to be by hand, I love following recipes on Tik Tok as well. They all have mixers, how does everyone have them, so I have to do everything by hand and you're right it hurts!

Kerrie: The amount of people with mixers in this world that you don't realise about until quarantine

Oge: Yeah I'm so confused, everyone seems to have all the necessary baking equipment in their house! Then there was that random period of time when everyone was buying Nintendo Switches, I'm like how is everyone just jumping on this wave. On Animal Crossing, or whatever, and spending like £200 or however much it costs! On switches, I'm just so shocked that people have money lying around because my money management is awful

Kerrie: Some people were smart though, because that all came at the start of the lockdown and they've had it for weeks, but if I bought it now who knows what's going on and whether I'll have time to get my money's worth. Also with Tik Tok, since watching that platform I have realised that I cannot dance

Oge: I think all the new dances are so hard though! I learnt some of the easy steps but Renegade has me sweating! I tried, I failed and I left it on Tik Tok because that one had me sweating for ages, it's so hard, I was out of breath



Kerrie: 50% of the problem is getting the moves down, and the other 50 is just trying to perform it

Oge: And getting it on time

Kerrie: Exactly!

Oge: That's insane

Kerrie: My limbs do not work that way

Oge: You should learn savage, that's easy

Kerrie: I might set myself the challenge of doing it

Oge: Yeah you should, when you turn on social media all you hear are these songs everywhere

Kerrie: I saw last week, and what's most interesting to me is how much people are staying in touch with each other, and you were one of the examples of this, I saw you went on a girls date

Oge: Yeah, it so cute and thinking where it came from, we were just talking about the Don't Rush challenge and someone said we should do it. But I just couldn't be bothered to get dressed, nothing was moving me to do that, and I was speaking to my friends about it and they said oh let's go on a date night. And I said 'ok I'm down, we should do dinner and drinks', so I got myself a bottle of wine, and I cooked, and we just all jumped on House Party all dressed up.

Someone had a suit on, I wore a dress, I was going to wear heels but felt a bit silly doing that, but had on a black dress and I felt cute. I haven't felt cute for a few weeks and it was just sweet, and we were just talking and playing a few games online. We were playing Truth or Drink which was funny, it was so chill, and nice, and I lit a candle, and it was such a good time because we got to catch up.

Kerrie: How important do you think it is for people to do stuff like that and continue things that they do on the outside, like dressing up and things like that just to feel good? Because obviously we are living a jogger life, let's be honest

Oge: It is important but don't feel pressured to. Only do it if it's something you actually want to do, some people are just really happy with staying at home in their PJs for weeks or months and that's amazing too because that feels great. But on the odd chance you want to do something nice, even if it's just eyeliner or wearing your favourite shirt or something, just to switch things up. You could possibly go insane with being indoors all the time without a change so it's just nice and helps you in a way

Kerrie: Hundred percent. It's just little things like that where I'm quite happy to live in my joggers and PJs, but also it's nice to have some time where you make a



little bit of effort as if you were to go out. But also, how have you found like the House Party, the video call phenomenon? Have you enjoyed it?

Oge: Do you know what, I hate Zoom. Microsoft Teams is good, I like that for work and House Party is good for friends and we've also discovered Snapchat. So you can do video calls from Snapchat too which is quite easy to use.

Kerrie: There's definitely so many platforms isn't there to stay in touch and stay talking to people, feels weird imagining those things not there and it's been ideal. On the flip side, I've noticed my social life is so much better at the moment, I think because I can leave when I want and I can crawl to bed which is like 5cm away

Oge: For real – the introverts are loving this! I went to Boots the other day and me and the cashier had such a long conversation, you could tell that we had both just been so people deprived for a long time, it's crazy!

Kerrie: It's mad all the little things that you appreciate that you might not have done before. Like that social contact and being able to call your friends, being able to see them whenever you want – social media has been a lifesaver for some

Oge: Yeah, the only thing that I would say has been overwhelming has been whatsapp. I can't constantly message people and because students have been messaging me on Facebook and Instagram too, but forgetting work, even my personal life on snapchat it's been crazy keeping up with messages, because everyone has so much more time and have been responding quickly and I'm not used to it. But I've started calling people now if it's been getting too overwhelming

Kerrie: I've started muting chats, I've muted a few group chats, because I can't keep up with them and I'd say my advise to people is to mute chats they're not bothered of being a constant part of, you don't have to be a part of it 100% of the time, just pick it up and come and go. There's a little bit of pressure there to stay in contact with everybody, but sometimes it is nice just to switch off your phone and be able to concentrate on whatever you're doing just to get away from that screen life.

Oge: Also, I feel like when people are saying why you ignoring me, we are all inside on lockdown, and there's pressure to respond to people, I think it's important not to give into that pressure, I mean I'm speaking to myself directly now, because there is that pressure but it's okay to not be able to respond at this moment, give me a bit, two days if needed – it's a bloody pandemic, we are all working through things.

Kerrie: No one is available 100% of the time, what's been getting to me is Twitter and there is a lot of fake news going around there, a lot of anxiety inducing that



people could look at and get instantly worried. I feel the time when I'm really stressed is when I'm looking down my timeline

Oge: Honestly yeah, it's important in a time like this especially, to filter your feed, like only having news if you have to, only consuming information you're comfortable consuming because it can get so overwhelming

Kerrie: Also you can limit your phone time as well, I know on the iPhone if you go to your settings you can chose to pick an hour a day on a specific app and once you've hit that time the app goes dark on the screen and you can't click on it anymore

Oge: Yeah whatever you can do to stay sane, like even if you're using social media for the memes – that's cool and funny, keep it to meme content if you have to!

Kerrie: Yeah light relief is good, you don't have to be looking at the serious news stories all the time and the serious posts, you can just be looking at a meme of someone's internet shopping addiction or something – just to make you laugh and lighten your day

For a final perspective then Oge, what would be your top tips on getting ready for a House Party night out?

Oge: Have a cheeky bev on deck! Whether it's squash or wine – I think it's important. Have a pamper session with make up or skin care, and a bit of a freshen up with your favourite shirt or don't wear clothes if you don't want to – up to you! Make sure you're comfortable because that's important, and Face Time your friends and family

Kerrie: Thank you very much for joining me Oge, it's been fun, hopefully you'll do the quiz we got going on, on Facebook's Leics Quarantine and Chill group page

Oge: Of course, is it Lloyd again? He's funny

Kerrie: Of course! And you can follow us on socials @LeicesterUnion on Instagram and Twitter, and on Facebook, and until next time Oge I'll see you later! Bye!

Oge: Bye!

