**Orientation Week — Committee Article**

I remember my first day of University. I got off the 626 Elwood bus but had no idea where to go. The nerves kicked in and I realised I was completely alone. I decided to follow the crowd, hoping they would lead me to the right place. I gathered some courage and introduced myself to the student standing in front of me. We had many things in common and he has been one of my closest friends ever since. In retrospect, there are many things I wish I had known when I first started University. Here are five things I would tell a younger me.

**Get involved**. During O-Week, sign up to all the clubs you are interested in. This is the easiest way to meet like-minded students and make new friends. Remember, University can quickly become stressful; being a member of a society and attending events is a great way to escape your troubles for a while.

**Put yourself out there**. Step out of your comfort zone and take a leap of faith. Be confident and friendly and introduce yourself to people. Just remember, every student starting University is in the same boat as you, so what’s the worst that can happen?

**Don’t be afraid to ask for help**. No one is expecting you to know everything when you start University. Asking for help or advice is the most natural thing someone in your position can do. Your lecturers, tutors, administrative staff and even older students are always happy to help.

**Take some time and learn where everything is**. During O-Week and the first couple of weeks of University, take some time on your breaks to walk around and familiarise yourself with the campus. If you are unsure where your classrooms are, find out beforehand by asking someone or using the ‘Lost on Campus’ app to avoid being late.

**Make the most of it**. Not everything will be easy when you start University. In fact, most things will seem very daunting. Approaching University with the right attitude and mindset is crucial. Embracing and learning from these challenges will ensure a more enjoyable University experience.

The beginning of University will undoubtedly be a struggle, whether it be the social aspect or the academic intensity. Approach University with an open mind, step out of your comfort zone and make new friends. Just know that this has the potential to be the best time of your life.