

# "10 things I wish I knew In 1st Year"

Amanda Wudarczewski

# 10

## Balance school and fun

Too much fun= dropout.

Too much studying= crazy.



Brock  
University



9

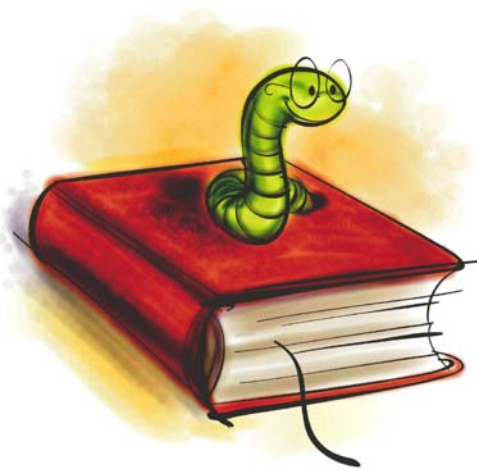
## Don't be shy

Talk to your professor and TA's, they are there to help you and want to help you.

Seek help if you need it and don't be afraid to ask questions



Brock  
University



# 8

## “Imposter Syndrome”

You are all here because you have worked hard. Don't feel like you don't belong.

Everything happens for a reason and things will fall into place



**Brock**  
University

# 7

## Take advantage of Brock



Health services

Counseling

Career Services

Foot Patrol

Free workshops



**Brock**  
University

# 6

**The first year is the toughest  
to adjust to**

Keep in touch with friends and  
family on regular basis

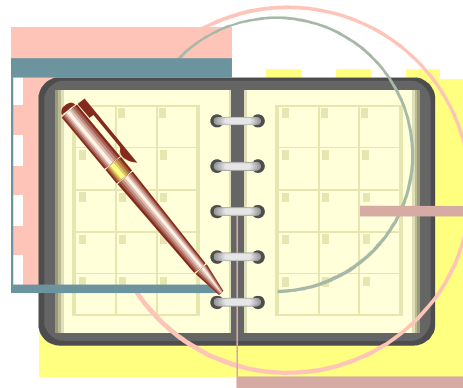


**Brock**  
University

# 5

## **Organization will become your best friend**

Keep an agenda handy to remember important dates and schedules



**Brock**  
University



# 4

**Studying for exams will take  
more than 1 night**

**\*Plan ahead\***

Hard work really does pay off (as long  
as you back up your files)



**Brock**  
University

# 3

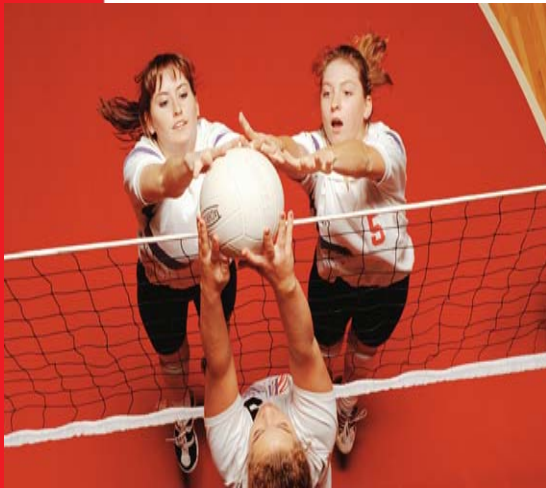
## Get involved

Volunteering

Clubs

Sports

Intramurals



**Brock**  
University

# 2

**You will have at least 1 all-nighter to finish an assignment**



Stress is normal and even required at times (but don't go overboard)



**Brock**  
University



1

**Enjoy the journey**

You will miss Brock after you are done



**Brock**  
University

# THE END

I would like to acknowledge the following people:

**Megan Graham**

**Jo Stewart**



**Brock**  
University