

UW-Stout University Housing Department presents...
Advice for incoming freshmen!

Part 1: Get Involved!

I personally did H.E.C. my freshman year and it was a lot of fun. It is kind of like student council in high school. You just plan tons of events for your hall and you meet tons of other people and it puts you in positions to further your leadership on campus. So, there are a ton of different ways you can get involved.

Definitely get involved right away on campus. Don't be the kid that just sits in your room and plays video games and sits on the computer. Actively seek out friends, get involved in a housing organization. Hall events committee is definitely a great way to do it. The Inter Residence Hall Association which is IRHA which is the governing student body for the most part for the resident halls. Leadership organizations such as Alpha Phi Omega, Gamma Sigma Sigma are some co ed service fraternities here on campus that offer really good opportunities for resume building as well as just a social network. Also look into your major specific groups as well. It is an awesome way to learn and make friends.

Play music, pick up an instrument, it works different parts of your brain.

Part 2: Making Friends!

Making friends at Stout is pretty easy as long as you don't go home every weekend. Some kids get really afraid and they just want to go home or go to another school but you just really have to stay here and it is just like being in any town. You have to want to go out and do stuff so if you are bored, it is your own fault for being bored. So, go around and meet some friends in your cube or around you and just plan out and go do something and usually you'll have a bunch of friends to go hang out with.

Leave your door open because people just kind of crowd into your room... Which is the case right now.

When I first came to campus I didn't know anyone here so I went out by myself. No friends, no one to hang out with so I decided to get involved with the front desk, which looks like this kind of. Once I got involved with that I was introduced to resident advisors, and their job is to help create a safe and interacting community. They make it fun here while you're going to school so you're not just doing homework all the time. Then, I ended up becoming one of those as well and I had a blast. I was able to meet a bunch of different freshmen and other people some which have become my best friends and peers and it has made a wonderful experience for me here at Stout.

A great way to go about making friends on campus is to get out, walk around the dorm building. There are a whole bunch of kids in a small area so it is pretty easy to meet people. If you get out and walk around outside, usually people are playing volleyball. Everyone is usually a little shy at first but at the same time everyone just wants to meet new people so it is just something you need to keep in mind that don't be or feel afraid to go and talk to anyone because most people will be willing to take the time and get to know you. The first few months I would say are important just so you can develop friendships.

The biggest thing this year for me, was definitely make sure you find good friends before you find a girl.

Make upper class men friends.

Part 3: Manage Your Time!

Don't procrastinate. Don't wait to do a five page paper the night before it is due so you have to spend like 32 hours on it at one time and don't pull an all nighter. I've pulled three of them and they pretty much ruin your next two days.

It is always good to know when your assignments are due because even if you are not going to do them until the last minute, you still have to know what the last minute is. It is also a good idea to know how to say no. There are a lot of organizations and fun things to do on campus but you have to know to say no to something like maybe not go out this Thursday night because you have a paper due on Friday.

Definitely one of the big things about going to college is time management. You're in college now, you have a lot of free time or you might not but definitely one of the things to think about is yes you do have all this free time but you still have to get your work done. My advice would be to get your work done ahead of time and do bits and parts of it every day so that you are not crammed in at the last minute because who wants to stay up till four in the morning doing projects? It is not fun, I know from experience. It is not fun.

Most of you were probably really good students in high school. Sometimes that changes in college. Calculus...? I failed my first calculus test. It sucked, but I got through it. I studied hard and I got help from a tutor. Do the same.

You definitely want to make sure to manage your time. It is a big thing.

Part 4: Stay Healthy!

Shower shoes are a big thing, it is kind of gross in the showers so make sure you wear your shoes. Otherwise sleep, as much as you can. Some people like to stay away all night and pull all nighters for like three days in a row, it is not healthy. Take naps, those are good, otherwise just try and go to sleep at normal hours, don't become a night owl.

There are several ways to stay healthy. Eating on campus, the dining center, utilize that. It is made for students and teachers, they have several different options in there, Salad bar, they have casseroles, a fruit bar. When I try to eat healthy, I try to get the five different food groups, all are available there. If I'm wanting to go on a snacking diet, then I go over to The Pawn, they have cheeseburgers, the deep fried fries, they also have chips and bananas and fruit there too. If you want to get expensive and go fancy, the terrace right above the pawn on the upper part of the MSC, they'll have a full lunch or meal for you.

It is really easy to kind of get into some bad habits like sitting in your room playing Halo all day and ordering pizza every night but there are a lot of healthy eating options, you can eat at the dining hall or you can go work out at the rec center. Go rock climbing or go for a run or go on the Red Cedar trail, so it is pretty easy to stay healthy.

Take the stairs instead of the elevator.

I wanted to talk to you about something very serious. Alcohol awareness. Sometimes, it is not a good idea to get really drunk as I know from experience. I went to some parties on a Halloween night, and came back and proceeded to throw up all over my roommate's laundry basket. The next morning, when he came home, he asked me how my night was and I told him, "I think I threw up in your garbage can." But then I did realize it was his laundry basket and it was full of clean clothes so it really didn't make for a good time. Just remember, stay safe. Stay sober.

And remember, HAVE FUN!