**Matt**

Hey guys my name is Matt. I’m a Fourth Year student doing my Honours thesis in Politics. I’m also a Connect Mentor.

**Jess**

Hey I’m Jess. I’ve been a Student Ambassador for two years now. I’m currently enrolled in a Bachelor of Law.

My best advice to give you if you’re starting out at University is to not panic. It’s a really really large campus. So the best thing to do is to set aside some time before your first week at university so you can get oriented to where your classes are.

**Matt**

I’d really recommend you take on the Library Tour. Although it can sound quite boring at first it is actually a really useful introduction to the Library and the services they offer.

Also the Counselling Service is very useful for students. It’s confidential and free and the Counsellors are always there to help you if you do run into any troubles during your studies.

**Jess**

In my first week at La Trobe was really overwhelming. I was probably very frazzled. I got lost so many times. But one of the things I remembers was just meeting my friends at tutorials which was one of the great things because they were smaller classes. I think a big change from Year 12 to University is that the classes are a lot bigger and your lectures are a lot bigger.

**Matt**

There are many other activities besides study that students can get involved in here at La Trobe. The Clubs and societies there are many offered by the La Trobe Student Union. And they are a great way to meet people, and make some friends if you are having difficulties in doing so in class, especially in terms of finding people you have something in common with.

**Jess**

One of my favourite things about being a student at La Trobe University is the supportive staff, and they have been with me from day one. They have contact hours and they are always available for you to talk to. It doesn’t matter what your question is, whether it’s academic or something you are going through. Just feel free to speak to your lectures and I’m sure that you will get the answer that you need.