Much of physics is built around the concept of equilibrium. On the other hand, the world around us is not anything like equilibrium. In this talk, I will make a brief survey of some generic quantum systems out of equilibrium. In particular, I consider a quantum quench of an initial critical state, and show that the resulting pre-thermal state exhibits a rich universal behavior with no counterpart in equilibrium. I also briefly discuss how the system approaches the pre-thermal state in a universal way described by a kind of quantum aging.