The Freshman Connection Immersion Program is designed to help first year students make a smooth transition into college life while developing their confidence and leadership potential.

Students experience what life is like on campus. They meet other first year students, become familiar with the campus, the residence halls, dining hall, and our recreation facilities.

Group activities and engaging programs focus on personal development, leadership, and interpersonal skills. Students gain self-awareness, develop self-confidence, and create lasting friendships that will help them be successful at UW-Eau Claire.

3-Day Keep It Local Program

During the 3-day program, you will experience what life is like being a Blugold. You will become familiar with the campus while utilizing meeting rooms, residence halls, the dining center, and recreation facilities. Your experience will continue off-campus with day trips floating down the Chippewa River, hanging out at the local beaches, and getting to know the Eau Claire area. All trips will be guided by trained and certified student leaders from the Environmental Adventure Center whose goal is to provide a fun and safe experience for everyone.

July 18-20 | July 25-27

5-Day Adventure Program

During the 5-day program, you move in early to the room you will be assigned for the semester. You will become familiar with the campus while utilizing the ropes course, dining center, and recreation facilities. Your experience will continue off-campus with day trip adventures, rock climbing, canoeing, paddle boarding, and hiking. All trips will be guided by trained and certified student leaders from the Environmental Adventure Center whose goal is to provide a fun and safe experience for everyone. On the final day, everyone will participate in a closing ceremony and dinner.

August 27-31

We respect and appreciate all people. We value the individual differences that make us unique and the similarities that bring us together. Come as you are and

EXPERIENCE RECREATION

We look forward to sharing these exciting and enriching experiences with you!

New Friendships
Engaging Activities
Inclusive Programs
Connections
Campus Life Experience
Ropes Cource
Campfire Conversations
Leadership Development

Apply Now!
The Freshmen Connection Program fills every year so do not delay. Check our website at uwec.ly/connected for registration details and availability. Apply for one of both programs!

Cost
3-Day Keep It Local Program: $295
5-Day Adventure Program: $495

Includes housing in the residence halls, meals, t-shirt, water bottle, and all programming. Bring your own cash for downtown shops and ice cream!

Scholarships
Financial support is available, visit our website to apply for a $195 (3-day) or $395 (5-day) scholarship. Recipients will be notified and the amount credited on their registration.

“What to Bring
Casual, weather appropriate clothing that allows you to be active. Comfortable tennis shoes, sunscreen, and sunglasses. Adventure trippers should also bring water shoes, swimsuit, and rain gear. Check our website for additional details.

Individuals with Disabilities
We aspire to provide accessible recreational opportunities for all people. If a disability related accommodation is needed to participate, please contact us ahead of time at 715-836-3377.

The Freshman Connection Course helped me to appreciate what the campus had to offer and learn what to expect in the fall. It really helped me to feel more comfortable at the university with meeting new people. I now feel better about navigating campus life after finishing the course.

-Lydia Schroeder, Hudson, WI, 2022
Staff

Al Wiberg, MA
Al has been at UWEC since 1992 and currently serves as the Assistant Director of Operations for Recreation and Sport Operations. His role keeps him involved in the field of outdoor education and supervising the Environmental Adventure Center.

Sheryl Poirier, MPA
Sheryl has been at UWEC since 2006 and serves as the Assistant Director of Programs for Recreation and Sport Operations. She is intentional about connecting students to the many programs and services available to help ease the transition to college life.

Trip Leaders
Trip leaders are UWEC Environmental Adventure Center student staff who have strong ties to the campus community and can serve as a resource to answer questions and clarify concerns. All trips have a participant-to-leader ratio of approximately 6:1. Leaders are enthusiastic and extensively trained in the areas of wilderness first aid, CPR, risk management protocols, and small group facilitation.

97% of last year’s participants agreed or strongly agreed that the Freshman Connection put them in situations where they needed to make decisions and work with others, similar to in a classroom.

For More Information on UWEC Freshman Connection
uwec.ly/connected
facebook.com/FreshmanConnection
@uwecfreshmanconnection
715.836.3377
recreation@uwec.edu

UWEC Recreation
Freshman Connection
AN IMMERSION EXPERIENCE  Summer 2023
The Freshman Connection
Hilltop 105
PO Box 4004
Eau Claire, WI 54702

University of Wisconsin-Eau Claire
acct# 136-0-895031