



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.

“ Freshman connection helped me find people that I will know for the rest of my life and the challenges that I faced will help me remember what is possible in the future. ”

-Ayla, Duluth MN, 2023 Participant



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

- New Friendships
- Engaging Activities
- Inclusive Programs
- Connections
- Campus Life Experience
- Low/High Ropes Course
- Campfire Conversations
- Leadership Development

Register for one or both!

Programs are led by trained and certified student staff from the Environmental Adventure Center, the goal is to provide a fun and safe experience for everyone. Group activities and engaging programs focus on personal development, leadership, and interpersonal skills. Students gain self-awareness, develop 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, experience what life is like being a Blugold, this includes lots of walking! Spend time on campus and in the community; float down the Chippewa River, hang out at the local beach, enjoy music in the park, dine in the downtown, and get to know Eau Claire area and each other!

July 9-12 | July 16-19

5-Day Adventure Program

During the 5-day program, students move in early to their assigned residence hall for the semester. The program starts on campus and then continues off-campus with day trip adventures of rock climbing, canoeing, and hiking. On the final day, everyone participates in a closing dinner.

August 25-29

Apply Now!

The Freshmen Connection Program fills every year so do not delay. Check our website at uwec.ly/connected for registration details, the daily schedule, and availability.

Cost

3-Day Keep It Local Program: \$295

5-Day Adventure Program: \$495



Includes housing in residence halls, meals, t-shirt, water bottle, and all programming.



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.

“ The Freshmen Connection made the transition to college life much easier. Not only was the early move-in nice but this program showed me the surrounding area of Eau Claire that I was unfamiliar with. Most importantly was the head start of meeting other adventurous freshmen. ”

-Ethan, Oregon Il, 2023 Participant

What to Bring

Casual, weather appropriate clothing that allows you to be active, comfortable tennis shoes, sunscreen sunglasses, swimsuit, towel, and rain gear. You may also bring water shoes, an outdoor blanket, and spending money for downtown shops and ice cream! 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**.

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

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.

Staff

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.

96% of last year's 5-Day program participants felt the program helped them develop new friendships and enhance their social skills.

100% felt the program helped them feel more connected to their peers.

For More Information on UWEC Freshman Connection

 <https://uwec.ly/connected>

 <https://www.facebook.com/uweceac>

 @uwec_eac & @uwec_recreation

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University of Wisconsin-Eau Claire



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RECREATION AND
SPORT OPERATIONS
University of Wisconsin-Eau Claire



UWEC Recreation



Freshman Connection

AN IMMERSION EXPERIENCE **Summer Program**

Recreation and
Sport Operations

University of Wisconsin
Eau Claire