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

Apply 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 ceremony and 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.

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.

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

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.

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.
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.