Freshman Connection is a 6 day, one-credit educational experience designed to help you make a smooth transition to college life while developing your leadership potential. During the program, you will move in early, create lasting relationships with future classmates, gain self-awareness, and develop a proactive approach to life.

"Freshman Connections was the best decision I have made! It helped me get out of my comfort zone and meet new lifelong friends. I highly recommend it for all incoming freshman!"

Amanda, 2019 Participant, New Hope, MN

Our seminars and group activities focus on personal growth, goal setting and social network development to further prepare you for your experience at UW-Eau Claire.

"During the program I was able to disconnect from the outside world and connect to the strangers (soon to be friends) around me. I loved hiking, swimming, camping and eating campfire meals with my group. I would do it again without thinking twice!"

Anna, 2019 Participant, Woodbury, MN

What to Bring
Casual, weather appropriate clothing that allows you to be active. Don’t forget tennis shoes! Check our website at uwec.ly/connected for additional items to bring and a tentative schedule for the week. An equipment list for the trips will be sent when you register. Equipment is included in the cost of your trip.

Room and Board
Move in early! Not only will you avoid the crowds, you will get a jump on experiencing what life is like on campus. You will use UW-Eau Claire classrooms, meeting rooms, residence halls, dining halls and recreational facilities. All facilities are accessible to students with special needs.

Individuals with Disabilities
If a disability related accommodation is needed to participate in any of our programs, please contact Recreation and Sport Operations at (715) 836-3377.

Apply Now! Space is limited and applications are accepted on a first-come, first-served basis. Check our website at uwec.ly/connected for registration deadline and availability.

EXPERIENCE ADVENTURE
come as you are and
EXPERIENCE RECREATION
University of Wisconsin - Eau Claire
**Experience Teamwork**

“Freshman Connection really helped me establish connections with other freshman as well as upperclassmen. It helped me get to know the UWEC campus too and make it feel more like home. I wouldn’t want my freshman year to start any other way!”

Brandon, 2019 Participant, Mt. Prospect, IL

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**Staff**

**Al Wiberg, MS**

Al has been working in the field of Outdoor Education for the past 27 years. He serves as the Assistant Director of Operations for Recreation and Sport Operations and is the owner of Midwest Mountain Guides. He loves the outdoors and has a passion for educating students in the field of Adventure Education.

**Sheryl Poirier, MPA**

Sheryl has been at UWEC since 2006 and prior to that worked at UW-Stevens Point and UW-Oshkosh. She serves as the Assistant Director of Programs for Recreation and Sport Operations. Her role keeps her involved with the greater campus community making her a great resource. She is intentional about connecting students to the many programs and services available to help ease the transition to college life and be successful Blugolds!

**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.

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**For More Information**

UWEC Freshman Connection

715.836.3377

recreation@uwec.edu

uwec.ly/connected

facebook.com/FreshmanConnection

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The Freshman Connection

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