The Freshman Connection Immersion Program is designed to help first year students make a smooth transition to 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, academics, goal setting, and social network development. Students gain self-awareness, create lasting friendships, and develop a proactive approach to life as they prepare to begin their experience at UW-Eau Claire.

We believe everyone's ability to grow as a leader is based on their ability to grow as a person. To accelerate this growth, students will engage in fast-moving and motivating experiences what will enhance their self-determination and personal effectiveness and improve interpersonal communication skills. We look forward to sharing these exciting and enriching experiences with you!

The Freshman Connection program, offered through UWEC was one of the best experiences I have had in my life. I have made countless friends, discovered new activities, and have found home at the university!
- Cassie, Superior, WI

2-Day Explorer Program
The 2-day program is designed for students who have not yet decided on an academic major but love UW - Eau Claire! All programming takes place on or around campus, making UW-Eau Claire feel like home. Students will make new friends, discover their strengths, connect with current Blugolds, enjoy Tuesday Night Blues at Owen Park and visit some of the downtown favorites along the riverfront! Day 2 ends with the option for the entire family to go on the High Ropes Course (Registration required: $15 per person).

Dates: June 14-15 / June 21-22

3-Day Adventure Program
The 3-day program experience combines on campus programming and off campus adventures (no experience necessary), each night returning to campus in time for dinner, music, a campfire, and time to explore the downtown riverfront. Students will move out of their comfort zone as they participate in fun, interactive activities, that create friendships and a connection to the campus and Eau Claire.

Dates: June 17-19 / June 24-26
June 28-30 / July 12-14 / July 19-21
July 26-28 / August 2-4 / August 30-Sept. 1

Apply Now!
The Freshman Connection Program fills every year so do not delay. Check our website at uwec.ly/connected for registration deadlines and availability. Sign up for the 2-Day Program, the 3-Day Program or both to maximize your college experience!

Scholarships
Financial support is available, visit our website to apply for $50 (2-Day) or $200 (3-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.

Cost
2-Day Explorer Program: $125
Optional high ropes course $15 per person
3-Day Adventure Program: $295
Includes housing in the residence halls, meals, t-shirt, water bottle, and all programming. Bring your own cash for downtown shops and ice cream!
Al Wiberg, MS
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 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

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.

Individuals with Disabilities

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 differences that make us unique and the similarities that bring us together.

For More Information

UWEC Freshman Connection
715.836.3377
recreation@uwec.edu

The Freshman Connection Program was a great way to meet people and form lasting bonds even before the school year officially began. The upperclassmen leaders shared valuable advice and tips, and I was able to learn my way around campus almost a week ahead of my peers not in the program. It was a very fun, yet challenging week that forced me out of my comfort zone for new, exciting experiences.

-Justine, 2020 Participant, Duluth, MN

Interview with Kenneth, 2020 Participant, Melrose, WI

I was so worried about making friends and getting used to college, but even after the first night I found a group of people who I never thought I would. They have honestly become my best friends. Even after 2 weeks of being here, I am so happy to have them in my life; I'm afraid they wouldn't be if I hadn't been a part of this experience.

- Kenneth, 2020 Participant, Melrose, WI

Come as you are and experience recreation

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