UTAH VALLEY UNIVERSITY

First-Year Experience Guide
Checklist

Make the most of your first year at UVU by participating in all of the FYE programs or activities listed in this guide!

uvu.edu/firstyear

01 JUMPSTART ORIENTATION

02 FRESHMAN READING PROGRAM

03 PERSONALIZED ACADEMIC ADVISEMENT

04 FRESHMAN CONVOCATION

05 UVCOMMIT PLEDGE

06 SLSS 1000 or SLSS 205g

07 STARTSMART EMAILS

08 FRESHMAN YEAR-END CELEBRATION
There’s nothing quite like your first year of college.

An exciting—sometimes scary—world of challenges and opportunities await you. But don’t worry, you’re not alone! We created the First-Year Experience (FYE) at Utah Valley University to help you meet these challenges with confidence. FYE gives you the tools you need to make a smooth and successful transition to college life. FYE programs help you build a foundation of success that will support you not only during your first year at UVU, but all the way to graduation.

So jump in, get involved, and make the most of your FYE at Utah Valley University!

To get the most out of your first year at UVU, it is recommended that you participate in all of the FYE programs listed in this guide. NOTE: Participation in some FYE programs is mandatory.
1. Jumpstart Orientation

Get a jumpstart on your college success! This can’t-miss event will connect you to the people, resources and services that will support you during your journey at UVU. Jumpstart is more than simply learning about campus. You’ll learn more about yourself and the important choices you can make to positively impact your university experience. You’ll get an insider’s campus tour and gain advice from orientation leaders on how they’ve been successful as a college student. In addition to completing online orientation, all new freshmen are required to attend a Jumpstart event before registering for classes at UVU.

uvu.edu/orientation, 801-863-5491

Jumpstart is more than simply learning about campus. You’ll learn more about yourself!

Meet your Pack!

At Jumpstart, you’ll meet up with your “Pack” and get to know your orientation leader (OL): a specially-trained UVU student focused on helping you make the most of your first year at UVU. Worried about attending Jumpstart alone? Don’t be—your pack has your back!
2. Personalized Academic Advising

Academic advisors are an essential part of your college experience. Your academic advisor will help you understand degree requirements so you know what classes to take and when to take them. They also help you assess your career choices, cope with any academic challenges, and show you how to stay in good academic standing. As a new student, you are required to meet with an advisor before you register for classes. But the process doesn’t stop there. You should meet with one every year during your time at UVU.

[uvu.edu/acc, 801-863-8425]

Jumpstart orientation and academic advising are both required before you will be allowed to register for classes. The requirements can be met concurrently; one does not have to be completed before the other. So, complete both requirements as soon as possible after you are admitted to UVU!

Utah Valley University
You don’t want to miss these Freshman Reading events!

President Holland’s Book Discussion:
• Wednesday, September 7th, 7:00 p.m.
• Tuesday, September 13th, 7:00 p.m.

Author’s Visit:
• Tuesday, November 1st, 1:00 p.m.

3. Freshman Reading Program

Grab your copy* of The Boys in the Boat and read it before the fall semester starts. Book-related events are held all year beginning with a discussion hosted by President Holland, and a visit from the author. This shared experience at the start of your college career helps you get to know other students and offers you your first taste of the intellectual life of UVU.

*All new freshman will receive a free copy of The Boys in the Boat when they attend Jumpstart Orientation.

uvu.edu/firstyear/freshmanreading
4. Freshman Convocation

Freshman Convocation is designed to honor you! You’ll be warmly welcomed to the university community in a celebration guaranteed to open your eyes to the amazing opportunities that await you at UVU.

All first-time freshmen, admitted either in summer or fall, need to attend.

uvu.edu/firstyear/events

“I’m very proud to be going to UVU.”

“A great way to kick-off freshman year!”

Save the Date!

Monday, August 22, 2016 | 7:00 p.m.
UCCU Center
I'm having a blast at...

FRESHMAN

UTAH VALLEY UNIVERSITY

CONVOCATION

#uvuproud #uvulife #uvuteamrebel
#uvufreshconvoy #uvuteamapprentice
5. UVCommit

You have goals and dreams. That’s why you are choosing to attend UVU. It will take more than dreams to make your goals a reality—it takes commitment and hard work. When you take the UVCommit pledge* you are making a commitment to yourself and to your future. We support you by connecting you to activities, services and resources specifically designed to help you graduate. You’ve made the decision to go to college; now, commit to stay until you graduate.

*You will have the option to sign the UVCommit pledge when you attend Freshman Convocation.

Do I really need a college degree?

Overwhelmingly, the research says YES! The benefits of a college education reach far beyond potential earnings and hireability. College graduates also experience a myriad of health and societal benefits. The benefits derived from a college education extend beyond the individual to their children and to the communities where they live and work.

uvu.edu/firstyear/uvcommit
6. Student Leadership & Success

Want to sharpen your critical thinking and study skills? Take SLSS 1000. Want to learn what it means to be an informed and respectful global citizen? Take SLSS 205g. These courses are specifically designed with freshmen in mind, to help you make a successful transition to college-level coursework. Every freshman should take one of these classes during their first year at UVU. Not sure which one is best for you? Ask your academic advisor.

uvu.edu/slss/courses
7. Startsmart Emails

Each week during your first semester at UVU, the office of First-Year Experience & Student Retention will send you an email with helpful information including campus deadlines, resources, reminders, study tips and more. FYE does all that for you—all you have to do is read them!

uvu.edu/firstyear/startsmart

8. Year-End Freshman Celebration

This end-of-the-year party celebrates your individual success, as well as the success of your freshman class as a whole. You deserve to party—you survived your first year! Besides, what college student ever turned down free food?

uvu.edu/firstyear/celebration

The Freshman Year-End Celebration typically takes place on the last Wednesday of spring semester at Center Stage in the Sorensen Student Center.
Look for the gold FYE on campus notifications and make sure you participate your freshman year!

For more specific information about First-Year Experience programs and events, including dates and scheduling information, visit our website.

uvu.edu/firstyear
801-863-4000
success@uvu.edu
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