

Isabella (0:00)

Hey everyone! My name is Isabella, and welcome to the first episode of Campus Compass.

Juli (0:05)

Hi! I'm Juli, and we are UA's First Year Navigators. We're here to help freshmen get their footing, offer advice, and support you as you navigate your first year.

Isabella (0:16)

We started Campus Compass as a way to reach students who may not feel comfortable making a phone call or sending an email. This podcast is here to answer your questions and help you out. Since it's January and the start of a new semester, Juli, let's jump in!

Juli (0:38)

It's your second semester! I remember my first semester was all about figuring things out—where to eat, where to study, and where my classes were. Once I had that down, I focused on getting more involved and joining clubs. Second semester is a great time to reflect on what worked, what didn't, and what changes you want to make moving forward

Isabella (1:05)

Exactly. Keep doing what went well, and adjust what didn't. For me, coming from eight hours away from home, my first semester was about learning how to be independent. Second semester feels calmer because you already know what college is like.

Juli (1:43)

Yes! Even small things—like fully reading emails or making time to eat—take adjustment. Once you've settled into those routines, it's a great time to explore organizations and get involved.

Isabella (2:06)

There are so many opportunities on campus. One of the best is Get On Board Day. While many students know about the larger event in August, there's also a spring event on January 15 in the Student Center Ballroom on the third floor.

Juli (2:21)

The spring event is often less crowded, which makes it easier to have one-on-one conversations with organizations. If you can't attend, another great resource is The Source.

Isabella (3:12)

The Source is UA's student organization hub. It lists over 600 organizations, provides contact information, and includes a campus calendar with meetings and events. It's easy to search and navigate, making it a great way to find involvement opportunities.

Juli (4:49)

If you're already in an organization, consider pursuing a leadership position. Many groups open executive board applications in the spring due to December or May graduations. If you're interested, reach out—closed mouths don't get fed! Leadership roles are great for your résumé and personal growth.

Isabella (5:41)

You can even start your own student organization through The Source. There's a workshop and an office on the third floor of the Student Center to help you through the process.

Juli (6:57)

Spring is also recruitment season for many honor societies. These typically have GPA or credit requirements. Some use point systems, and many offer scholarships, leadership roles, and graduation cords. Requirements vary, so be sure to research and talk to members before joining.

Isabella (8:35)

Let's go over important add/drop dates. If you withdraw from a class after the first week, a "W" (withdrawal) appears on your transcript. However, you can drop a class without a W during the first week of the semester—this year, before January 14.

Juli (9:12)

If you decide later in the semester that you need to withdraw, you have until March 25 to drop with a W. After that, you must remain in the class. A W does not affect your GPA, but it does appear on your transcript. Opinions vary on how significant that is, so always talk to your advisor first.

Isabella (10:06)

Also check scholarship requirements. To remain a full-time student at UA, you must be enrolled in at least 12 credit hours. Dropping a four-credit course could put you below full-time status, which may affect scholarships.

Juli (11:38)

Since it's 2026, let's talk New Year's resolutions! I want to prioritize recreational reading and possibly start running.

Isabella (12:41)

I don't usually set New Year's resolutions. Instead, I focus on continuing habits I've already started—like going to the gym and being more intentional with my time.

Juli (13:29)

Whether you set resolutions or not, being goal-oriented helps set you up for success. Just remember to give yourself grace.

Isabella (14:19)

Absolutely. It's okay if your to-do list doesn't get finished in one day. It's also okay to take breaks and spend time with friends. Balance is important.

Juli (15:31)

We'd love to hear from you! If you have questions or topics you'd like us to discuss, email fye_navigators@ua.edu. We hope to include advice segments in future episodes.

Isabella (16:06)

If you have a question, chances are someone else does too. We've all been freshmen, and we're here to help. We'll see you in a couple weeks. Bye!