

My Days at UA

ROLL TIDE  **ALA • BAMA**  **YEA, ALABAMA!**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 AM							
1 AM							
2 AM							
3 AM							
4 AM							
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
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3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							


YOUR STARTING POINT

UA First supports first-year freshman students and first-generation students in their academic and social transition into the campus community. With a focus on transition and retention through large welcome activities and small group programs for building connections, UA First supports you in building your legacy at UA.



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BUILD COMMUNITY

NAVIGATORS

Navigate your first year with the help of student mentors who utilize their experiences to answer questions, share advice, and support your success

NEW VIEW

Establish a connection and develop community with out-of-state students through mentorship, small groups, and weekly activities

FYE FRIDAYS

Join students to enjoy free food and meet UA First staff for a new theme and giveaways every third Friday of the month

FIRST GEN FRIDAYS

Connect with a community of first-generation students on the first Friday of each month from 12 – 2 PM for food and fun activities

DEVELOP SKILLS

FRESHMAN FORUM

Explore your leadership potential and make a difference in the community while connecting with peers, faculty, and staff

FIRST GEN FOUNDATIONS

Create a foundation as a first-generation student by connecting with first-gen students, peer leaders, and campus resources

GROW IN MENTORSHIP

OUT 2 LUNCH

Engage in conversation with faculty over a meal to discover common interests as you build confidence for your academic journey

FIRST GEN MENTORING

Engage in mentorship as a first-generation student with a faculty or staff member who can share advice as your go-to person at UA

What do I want from my First Year Experience?