

Welcome Home Transcript

Isabella 00:00

Hey guys, my name's Isabella and welcome back to Campus Compass.

Katie 00:05

Hey guys, I am Katie. I'm also a Navigator and I am now stepping in Julie's position to be a spokesperson during the Campus Compass podcast.

Isabella 00: 10

I'm so excited to have you, Katie. So just tell us a little bit about yourself since you are new to the podcast.

Katie 00: 13

Yes, so I've been involved with UA First since my freshman year. I did New View and now I've been working as a Navigator for the past two years. I am a senior Marketing major from Gulf Shores, Alabama, and I am so excited to be doing this podcast with you, Isabella.

Isabella 00:27

I'm so excited to have you here, Katie. And to all my freshmen, let me just say welcome home. We're so excited to have you here at the University of Alabama and listening to our podcast, Campus Compass. So you're probably asking yourself, what is Campus Compass? And this was a podcast created by UA First Navigators, AKA me and Julie, that's designed to help freshmen through their first year.

Katie 00:57

Campus Compass is another outlet to kind of reach information and resources and mentoring without having to see us in person or reach us digitally. This is just another outlet to kind of get all of your information. It's also a good mobile way to hear things on the go and just be able to get that information really quick and easy. Okay, what to look forward to with the Campus Compass podcast is we do new episodes every other week and we discuss different themes and different topics to kind of cover. So if you guys have any topics that you would really like to hear about, you could also email us with that too. To get right started into it, some things that we wish we knew as freshmen, I know something that I wish I knew as a freshman was to go network and talk to people and really put myself out there, doing as much things as I can, whether it's regarding a major that I don't know if I'm gonna keep or a club that I'm semi-interested in. I wish I really just explored all of my options and really just put myself out there and talked to everybody. What about you Isabella?

Isabella 01:52

I think that when I was a freshman I really put myself in my own corner because I didn't realize that most freshmen are also going through the same things as me. I know that I'd see a lot of my friends, my newly met friends on social media, Snapchat, TikTok, and I thought that they

have their life together. That they made their lifelong friends for the next four years, and that I was alone in this journey but I really wasn't. So if you're a freshman that kind of feels that same feeling right now, take that step outside of your box. Go join a new club as Katie mentioned, go talk to that friend that sits next to you in your science class, because I promise at the end of the day we're all freshmen and we all just want to find our place here at UA.

Katie 02:41

Yes, be brave, put yourself out there, and do all the things that you want to do. You only have three or four years here, so really take advantage of everything on campus.

Isabella 03:00

Let's jump into some important reminders real quick, just to make sure that you guys are all caught up on the things to know. One of the biggest things, and my favorite thing at the beginning of the year, is Get On Board Day. It kind of shuts down campus for a second. Like, you really can't drive by the quad for a hot minute. Get On Board Day was on August 27th and it's a great day that a lot of the organizations and clubs on campus all come together and sit in that one area on the quad, or basically take over the entire quad, is maybe a better way to say it. And then students can go around and join new clubs. Oh yes, so that was Thursday, August 27th, and if you'd missed it, there is one in the spring. So it's not too late to go walk around that quad, find the clubs that you want to do, and all that stuff.

Katie 03:45

But if you did miss Get On Board Day, you can check out the MySource website. It has every program, organization, club on campus that you could find and how to get involved with it. So it's just a great resource to get more information about organizations. And it just gives you a really good way to contact the organization as well.

Isabella 03:58

As she just mentioned, it does give you a way to contact the organization. So if you want to reach out to their president, their treasurer, whoever, and just get some more information, the sources website is a great way to do so. Another important reminder is the add or drop dates. So if you wanted to drop a class without a W, that happened on Wednesday, August 26th. But it's still not too late to drop a class if you feel like you might be necessary.

Katie 04:27

Yes, and then remember to check your scholarship requirements. There's always certain requirements within your scholarship, within the stuff that you have coming here, so make sure that you're all good to drop those classes if need be for whatever's best for you.

Isabella 04:39

And if you are thinking about dropping a class, I highly recommend reaching out to your professor as well as your advisor. It's great to have another person to talk through this experience with. Make sure that you really are making the best choice for you both mentally and

academically, so don't make this choice by yourself. Talk to everyone around you, talk to your parents, talk to your friends, and make the best decision for you.

Katie 05:02

Remember this is your first semester, so mistakes happen. Make it a learning lesson, you have breathing room, and you'll be okay

Isabella 05:10

And just a reminder, the last stage will drop a course, the W does happen on October 28.

Katie 05:18

All right. Let's get into our favorite things about UA. Because we're both out of state, which a lot of students are, and I know that there're a lot of great aspects about campus. So Isabella, let's start with you. What are your favorite things about campus?

Isabella 05:45

Oh my gosh. Because I'm from Indiana I'm from cornfields, upon cornfields, upon maybe a little soybean field. So going to Alabama, I just love the atmosphere and it's gorgeous here. But the game day atmosphere is something that I cannot explain to anyone else. That's one of the first things I noticed coming to UA, is that it's just so electrifying, especially being in the stadium whenever Dixieland Delight is playing. It's just a whole experience. What's something that sticks out to you, Katie?

Katie 06:12

I love that everyone is from all over the country and comes from all different types of backgrounds. I think it's a great educational tool to just get to talk to people from all over the country and learn things that you've never heard about or never knew until coming here. I also love how well-kept the campus is and how you never see trash around. There's constantly trash cans around. It's always so clean, just aesthetic and beautiful all the time on campus.

Isabella 06: 32

And I think that goes into just having such a beautiful campus. I know every time that I bring my friends, my family here, that's one thing that they always mention. That is just so beautiful. And like, it's just, I don't even know how to describe it. It's gorgeous. And then one of my favorite things, I love food. I'm a foodie at heart. And so we have so many good locations both on campus and also around Tuscaloosa. I love Blendz Bowls in the Student Center. That's awesome. I love Taco Mama off campus. Obviously we have Buffalo Phills on the strip. There are just so many good food locations all over.

Katie 06:41

Yes, and a good majority of these food locations also take dining dollars. So I know Dining Dollars, kind of in my mind, is like a free money system. So you could get quote unquote free meals with these Dining Dollars at certain places too.

Isabella 07:09

And if you don't know what Dining Dollars are yet, on your Act card or your Action card that you should have on your phone to get into your dormitory or your room, it has 350 Dining Dollars on there for you. And so this is something that you pay for through your tuition. And you can use those at specific locations and get, well, I feel what Katie feels, is a free meal out of it even though you are technically using the dining dollars that you already paid for with your tuition.

Katie 07:36

A good thing too with these dining dollars is that whatever you don't use in the Fall semester will roll over to the Spring semester. So every semester we start with \$350. Whatever you don't use this semester, you could have maybe double that if you didn't spend any of your dining dollars this semester.

Katie 08:02

So, as a good budgeting trick or if you want to kind of keep all your money for Spring semester, that's also a good utilization tool too.

Isabella 08:11

And then we already talked about some of the things that we wish we knew as freshmen. I really want to go out and see what other people in our office think. So first I want to talk to Karly. She's our program manager for first year student retention. And let's hear some things that she wished she knew as a freshman.

Karley 08:27

My name is Karly Fernandez Conley and I am a Program Manager for first year student retention in the UA First Office. So I think of course like figuring out the way that UA works and utilizing your resources. Definitely read your emails, go to class, get involved, all the things that we typically talk about in the UA First Office. But I also think that it's very important that in your freshman year you're discovering yourself. You're really giving grace to not only yourself, but also others that are there. I think about this in the context of like roommates and new situations that everybody who's in the freshman class, you know, they're all in at the same time. So giving grace to yourself and discover ways that you kind of navigate things that you haven't navigated before and then providing that same kindness to others as well.

Katie 09:19

Okay, now we're going to hear from Elizabeth, our Student Retention Program Coordinator, and hear what she thinks freshmen should know this year.

Elizabeth 09:25

Yeah, my name is Elizabeth. I am a Program Coordinator for first-year retention initiatives here in the UA First Office. So I would say that the most important thing for you to do during your freshman year is to spend time reflecting on your why. What is it that you want to get out of being in college? Why are you here to get a degree? And that might not just be a career thing or the degree that you're walking across the stage with, but really what is your why? What is

your purpose? There are going to be some tough moments in college and because college is a time of a lot of growth and change. But if you are really grounded in your broader purpose. That makes the hard days worth it. So set aside some time to do that if you haven't already.

Isabella 09:46

And lastly, we're going to hear from Trey. He's our Crimson Scholars Coordinator and let's see what he thinks he wishes he knew as a freshman.

Trey 10:38

Yes, so my name is Trey Dickey. I am a coordinator working with the Crimson Scholars Program. Definitely get involved. I think when you have a good social life, I think that bleeds into having a good academic life. It's a balance, of course, but I think managing those two things is going to help you the most in your whole college career.

Isabella 10:50

Thank you guys so much for joining us today. We're so excited to have you welcome home, and we're just so hoping that you listen to our next episode. Thank you so much for tuning in to Campus Compass and Roll Tide.

Katie 11:00

Bye, guys!