



Adelphi University's

F.I.R.S.T. Program

—a helpful guide
to your first year
at Adelphi

WELCOME!

The Adelphi Experience Begins at Orientation.

Adelphi's three-day First-Year Student Orientation program is a wonderful introduction to life at Adelphi. Resident and commuter students stay in a residence hall, familiarize themselves with the campus, register for classes and participate in activities that will help them discover all of the opportunities, services and support that Adelphi has to offer.

Visit **getting-started.adelphi.edu/orientation**
for more information on First-Year Student Orientation.

Our series of first-year programs and activities will help you find your way around campus, the academic community and student life, while building new, lasting friendships along the way.

F.I.R.S.T. PROGRAM

The transition from high school senior to college freshman can be challenging. For this reason, Adelphi has created the Freshman Initiative to Realize a Successful Transition (F.I.R.S.T.) program, which includes classes and activities designed to make moving into your first year at Adelphi seamless and satisfying. F.I.R.S.T. provides peer-to-peer programs, academic support and special services for students and parents, encouraging personal, academic, social and cultural growth. Visit getting-started.adelphi.edu/freshman for more information.

First-Year Orientation Experience (FOrE)

This 1-credit course will ensure that first-year students can navigate important campus services and facilities, such as Swirbul Library, the Learning Center, the Writing Center, the Center for Career and Professional Development, the Office of Academic Services and Retention, and the Division of Student Affairs.

First-Year Seminar

This 3- or 4-credit course introduces freshmen to academic life at Adelphi. Taught by professors in their specific areas of expertise, the seminar provides an opportunity for critical thinking, thoughtful writing experiences and discussion.

First-Year Reading Experience

All freshman students are assigned the same reading. The selection varies each year and can range from fiction and

poetry to political science and autobiography. This reading is part of the Adelphi Community Reads program and gives students an integrated learning experience where they have the chance to share their opinions and develop close relationships with other members of the Adelphi community.

Visit getting-started.adelphi.edu/first to learn more about our First-Year Learning Communities.

MENTORING AND NETWORKING

Adelphi University Mentoring Program

The Adelphi University Mentoring Program was created to help ensure academic success. Open to all students—ideally within their first year—the program was designed to help students of color, LGBTQ+ students, veteran students and students who may be the first in their families to attend college fulfill their highest potential with the guidance of a mentor. Transfer students are also encouraged to apply. There is no GPA requirement and students qualify by being a current/active (fully registered and taking classes) undergraduate student. Visit academic-services.adelphi.edu/resources/mentoring-program or call **516.877.3182** for more information.

Peer-to-Peer

There are numerous resources for peer support, including Orientation leaders, commuter assistants, resident assistants,

tutors, peer health and wellness educators, peer assistant leaders (PALs), the Resident Student Association, residence hall councils and student government groups. These peer leaders ensure that all first-year students know they belong and are supported in a variety of ways by their fellow students.

Commuter Assistant Program

The Commuter Assistant Program assigns an upperclassman to each first-year commuter student to assist in the transition to college. Commuter assistants serve as liaisons between the commuter students and the University by promoting involvement and providing resources to their mentees. Visit adelphi.edu/commuters or contact **516.877.3603**.

SUPPORT SERVICES

Academic

First-year students will find encouragement and guidance to meet their full academic potential. Academic support is available from the following services:

Office of Academic Services and Retention

The office helps students assess their academic, personal and career goals. Visit academic-services.adelphi.edu or contact **516.877.3150**

Office of Pre-Professional Advising and Fellowships

The office supports current students and recent graduates who are seeking admission to professional schools beyond Adelphi. Visit prepare.adelphi.edu or contact **516.877.3140**.

Writing Center

The Writing Center helps students improve their ability to use the written word more effectively in all aspects of college life. Visit writing.adelphi.edu or contact **516.877.3296**.

Learning Center

The Learning Center provides peer-to-peer tutoring and helps students enhance time management skills and improve study habits. Visit learning.adelphi.edu or contact **516.877.3200**.

Student Access Office

The office offers cost-free assistance to Adelphi students with disabilities. Visit adelphi.edu/sao or contact **516.877.3806**.

University Libraries and the Office of Information Technology

Libraries and technology resources provide the tools and support for student research in all areas of academic study. Visit libraries.adelphi.edu or it.adelphi.edu for more information.

Counseling and Personal Support

Adelphi offers free, private and confidential services to help assess and address the psychological needs of students. You can find personal support from the following services:

- **Student Counseling Center**

The center offers free, private and confidential services for all students. Visit scc.adelphi.edu or contact **516.877.3646**.

- **Center for Psychological Services, Gordon F. Derner Institute of Advanced Psychological Studies**

Find brief and long-term psychotherapy and testing for psychological problems and learning disabilities through the center. Visit derner.adelphi.edu/cps or contact **516.877.4820**.

- **Bridges to Adelphi**

The program provides students with autism spectrum disorder and other nonverbal disabilities social and academic support through individual counseling sessions and group activities. Visit bridges.adelphi.edu or call **516.877.3665**.

Parent Programs

At Adelphi University, parents play an integral role in the first-year transition and student success. We offer a number of programs designed for the families of Adelphi students, including the Meet and Greet Informational Sessions held on the first day of First-Year Student Orientation, as well as Parent Orientation, scheduled on Matriculation Day. In addition, parents receive the *Parent Handbook*, a guide particular to parents.

Every parent of an enrolled undergraduate is automatically a member of the Parents Association. Parents are welcome to join one of several committees.

Parents are encouraged to attend and support the various academic, social, cultural and athletic events on campus. For campus updates, we encourage you to stay current by visiting parents-family.adelphi.edu or news.adelphi.edu. Parents can also email parents@adelphi.edu to ask questions or address concerns.

SUCCESS

Adelphi recognizes those students who make a successful transition and who make the most of their first year at Adelphi. We are pleased to announce the following winners from our Class of 2020:

Outstanding First-Year Student Award

This award acknowledges a first-year student who exhibits academic excellence, community/campus involvement and strength in leadership. The 2016–2017 Outstanding First-Year Student is Stacy Brief, a social work major and child and family studies minor from North Bellmore, New York.

First-Year AU Community Reads Award

This contest encourages first-year students to reflect on the first-year reading. The 2016–2017 First Year AU Community Reads Award winner is Alliah Irtan, a student in the General Studies Learning Community from Freeport, New York.



For more information, please contact:

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