

# Pre-Orientation Landscape: Behind the Scenes

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## Agenda

1. Introductions
2. Pre-Orientation Programs at UVM
3. Overview of Programs
4. Q&A with Panelists



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**Pre-Orientation Programs**

Explore

At UVM, Pre-Orientation Programs (POPs) offer many opportunities for adventure and academic discovery. Small group sizes ensure meaningful connections and a sense of community, and all programs will have you back in time to join your group at New Student Orientation.

**1 in 5** New students participate in a POP at UVM

**98%** of POP students have a Positive Sense of Belonging

**30+** Programs/Experiences Available

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**PRE-ORIENTATION PROGRAMS (POP)**  
**Find the POP that's right for you!**

**UVM GO**  
UVM GO is open to both first-year and transfer students, offering programs in global learning, intercultural skills, and community building. Options include summer travel with UVM GO International and Cities, or early move-in with UVM GO Community. Students connect with peers, faculty, and experts.

**UVM TREK**  
UVM TREK is open to both first-year and transfer students, offering unforgettable experiences through Adventure TREK, with outdoor trips like backpacking, rock climbing, and kayaking, and Service TREK, focusing on community projects in housing, food systems, and conservation.

**Fresh Fest**  
Fresh Fest is open to both first-year and transfer students, offering an immersive three-day early move-in adventure. Enjoy kayaking on Lake Champlain, maple creamery, downtown fun, and kosher-style meals while connecting with new friends and Hillel leaders in our renovated campus home.

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**First Scholars**  
First Scholars is open to first-year students, providing a free opportunity for first-generation college students to build meaningful connections with peers, faculty, and staff while exploring academic and social resources at UVM through a first-gen lens.

**STEM Scholars**  
STEM Scholars is open to first-year students and prepares them for academic excellence, career success, research, and grad school. It begins with a six-week Summer Bridge, where students take a 3-credit course, intern in a lab, and strengthen key skills to confidently start their first semester.

**Summer Enrichment Scholars Program (SESP)**  
SESP is open to persons from historically underserved communities. It is a free two-week pre-college program that offers support for academic success, personal growth, identity, and cultural development.

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STEM Scholars  
SESP  
First Scholars  
UVM GO

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## STEM Scholars Summer Bridge

- 6-week experience to kickoff 4-year, cohort-based STEM Scholar Program/learning community
- Funded by Howard Hughes Medical Institute grant
- Target cohort size: 35 students
- Competitive application process available by invitation to admitted students across 35 eligible majors.
- Purpose: To equip students with confidence, strong academic foundations and inclusive leadership development.



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## Bridge Program Features

- No cost to students
- 3 credit Intergroup Dialogue Course
- Paid Intro Lab Experience
- Access to faculty and university leadership
- A choice of STEM skills to refresh or learn
- Team-building activities and excursions exploring Vermont.
- Visits to industry
- Career and academic skills coaching



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## First Scholars Pre-Orientation (FSPOP)

First Scholars Pre-Orientation Program (FSPOP) is:

- Free pre-orientation 3-day for 20 first-generation college students
- Build meaningful connections with peers, faculty & staff
- Explore UVM's academic & social resources through a first-gen lens
- Gain confidence and community before the semester begins



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## FSPOP Program Overview

**Connection & Community:** Meet fellow first-gen students, build lasting friendships, and connect with peer leaders, faculty, and staff.

**Campus Life Essentials:** Get guided tours, learn how to navigate UVM's resources, and settle into your new home before the semester starts.

**Academic Prep:** Explore majors, advising, financial aid, and career paths and tips on communicating with professors and using campus tools.

**Wellness & Support:** Discover self-care strategies, tutoring options, and how to thrive emotionally, socially, and academically.

**Fun & Social Events:** Enjoy activities like ice cream socials, bowling, DIY dorm decorating, and meals.



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## First Scholars Events



### APPLE PICKING

The most quintessential Fall Event in Vermont.



### MONTHLY DINNERS

Take a break from the dining hall each month and eat a yummy meal with your First Scholars Cohort.



### WINTER RETREAT

An opportunity to reflect on the Fall Semester and set goals for the Spring. This will also allow you to move back in early for the Spring Semester.



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## UVM GO: Pre-Orientation, introductory global learning experiences for FTFY students



### UVM GO International:

Costa Rica, Iceland, London, Montreal, Vancouver

5-7 day travel programs led by faculty/staff leaders with extensive experience in the international location and program theme.



### UVM GO Cities:

New York City, San Francisco, Washington, D.C.

4 day travel programs led by faculty/staff leaders with extensive experience in the city and program theme.



### UVM GO Community:

13 programs in 10 residential Learning Communities

Early move-in programs designed and facilitated by faculty, Learning Community staff, and student leaders; engaging partners on campus and in the greater Burlington community.



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## Global Learning Outcomes - Making local-global connections



- UVM GO Iceland: Culture, History, and Environment
- UVM GO New York City: Youth Activism, Climate Change, and the Underground Music Scene
- UVM GO LASP/PLHC - Dive In! Exploring Lake Champlain's Global Role
- UVM GO Wellness Environment: Mindfulness, Compassion, and Planetary Health

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## Pre-Orientation Outcomes

### Sense of Belonging

- Made friends
- Feel they belong at UVM
- Satisfied with their decision to come to UVM
- Engaged with people who have common academic and social interests

"I liked being able to make connections with people who will be going to UVM and learning about the cultural aspects of Iceland together!"



"Making new friends/sharing the experience with other people who I can stay friends with at school."

### Increased Confidence

- Feel less anxious about transition to college
- Know where to find resources on campus and in the community
- Learned skills, tips, tools for success
- Feel confident they can succeed at UVM
- Interacted with people who are different from them

"Over the course of this trip, I have encountered many new experiences that have fostered growth. I have never been away from home by myself before, so going on this trip helped me feel better about being away from home when I move in at UVM. I have also grown to feel less anxious about walking through big cities and being in crowds of people. Going on the Metro was a new experience that I became more comfortable with by the end of the trip."

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## Where to next?

### 9am

- Coaching during Challenging Times (Chittenden)
- Behind the Scenes with Pre-Orientation Programs (Williams)

### 10am

- Global Learning (Chittenden)
- AI and Student Writing (Williams)

### 11am

- Internships are great (except when they are not) (Chittenden)
- Proactive Accessibility in Student Advising (Williams)

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