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**[getting-started.adelphi.edu/orientation](https://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. . . . P O G A M**

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](http://getting-started.adelphi.edu/freshman) for more information.

## **F - - - O - - - E - - - (FO E)**

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.

## **F - - - - -**

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 experws.





**For more information, please contact:**

The First Year Experience Committee

**Sarah Eltabib**, co-chair

516.877.3444

email: [seltabib@adelphi.edu](mailto:seltabib@adelphi.edu)

**Jennifer Walsh**, co-chair

516.877.3488

email: [jwalsh@adelphi.edu](mailto:jwalsh@adelphi.edu)

**Office of Academic Services and Retention**

Nexus Building

516.877.3150

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