

FIRST X YEAR
COLBY TRAIL
Forming A Foundation

The First Year Journey

The First Year Journey helps new students **form a foundation for holistic success** at Colby. Extending from July until March, the program offers a unique balance of **online learning, peer-to-peer discussion, and facilitated reflection with student leaders.**

The program is divided into four units, each of which explores a different core question through a range of media, case studies, and reflection activities. Each unit includes asynchronous online content and multiple opportunities for dialogue with peers, both online and in-person.

UNIT 1

Summer ☀️

Who are you, where are we, and what are we doing here?

Arrival

COOT

Orientation

Beginner's Mind

Social Engagement

UNIT 2

Fall 🍂

What kind of mindset do you hope to cultivate as you find your place within the Colby community?

Personal Wellness

Sexual Violence Prevention

Restorative Practice

UNIT 3

Jan Plan ❄️

What kind of community do you want to create and live in at Colby?

Community Values

Civic Engagement

UNIT 4

Spring 🌱

How might you strive for more active citizenship and community engagement beyond campus - in Waterville and beyond?

True North

The program offers an **integrated and inclusive pathway** for new students to **connect with each other** and with **core Colby values and resources** including the Dean of Studies Office, the Office of Campus Life, the Pugh Center, the Office of Community Values, and DavisConnects. Weaving together the key themes of **discovery, difference, dialogue, community, and care**, the First Year Journey invites each student to grapple with vital questions about the power and purpose of a residential liberal arts education — and to chart their own path at Colby and beyond.

Colby