5 Benefits of First Year Experiential Education

1. Introducing the discipline
   For students right out of high school, first year may be their first introduction to certain disciplines. Experiential education provides an innovative and memorable way to introduce first year students to academic disciplines.

2. Building essential skills
   Doing experiential education in first year can help students build the essential critical thinking skills and maturity needed to take on upper-level, more substantive experiential education in later years.

3. Knowledge retention
   Students retain information more effectively with experiential education. Using experiential education in first year can help students retain important knowledge that can be beneficial in their future courses.

4. Identity formation
   Experiential education can help expose first year students to the possibilities available to them after their degrees, helping them establish their identities as future academics and/or professionals.

5. Community and Security
   University can be a scary experience for first year students. Experiential education can help students build a sense of community and introduce them to the resources that they need to feel secure and to thrive in their new environment.

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