



2025 FIT Schedule

Friday, August 8 (Virtual for students)

- 9 am to 12 pm: Course Orientation: students to explore CANVAS, explain assignments, Due dates, and expectations

Saturday, August 9, 2025

- Online activities are due.

Sunday, August 10

Between August 11 and 15th, Social 704 will be serving breakfast from 7:30 am -9 am

- 10 am-12 pm: Welcome Ceremony- Cone> McKnight & Lucas
- 1 pm-5 pm: Move In Time

Monday, August 11

Between August 11 and 15th, Social 704 will be serving breakfast from 7:30 am -9 am

- CLASS 9-11 Module 1 - Getting to know each other
- 11 am-11:50 am: Lunch
- 12 pm Resource Hour: **Atkins Library** (Meet on the main floor of the library)
 - CLASS 1:15 - 3 pm Module 2 The U.S. Population, in Charlotte and at Charlotte
 - CLASS 3:15 - 4 pm Module 3 Communication Styles & Networking etiquette
- 4:30 pm-5:30 pm: Campus Tour
- 6 pm: Pizza & movie night (*McKnight Hall*)
 - *The movie will start at 7*

Tuesday, August 12

Between August 11 and 15th, Social 704 will be serving breakfast from 7:30 am -9 am

- CLASS 9-11 Module 4 Resume, Internship, Work Study, and Volunteer
- 11 am-11:50 am: Lunch
- 12 pm-1 pm: Lunch & Resource Hour: **Academic Resources** (Woodward 106)
 - CLASS 1:15 - 3 pm Module 5 Time/ Finance Wellbeing
 - CLASS 3:15 - 4 pm Assignments and Group work
- 6 pm: *Game Night- FYTP office*

Wednesday, August 13

Between August 11 and 15, Social 704 will be serving breakfast from 7:30 am - 9 am.

- Options for Wednesday morning

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| 9 am-10:15 am: UREC Workout class & Facility tour <ul style="list-style-type: none">○ Dance & Yoga - sign up HERE○ Sign-up required○ Students will be able to use the locker rooms to change after the workout class. | Work on homework or group projects | Sleep in! |
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- 11 am-11:50 am: Lunch
- 12 pm-1 pm: Resource Hour: Financial Resources (Belk 201)
 - CLASS 1:15 - 1:50 pm Module 6 First generation in higher education / Scholarship
 - CLASS 2:00 - 4 pm Module 6 b Interdisciplinary programs at Charlotte
- 5 pm -7:30 pm: The Power of Experiential Learning (McKnight + Lucas)

Thursday, August 14

Between August 11 and 15th, Social 704 will be serving breakfast from 7:30 am - 9 am.

- 9- 4 Field trip
- 6 pm: Alumni Panel
- 7:30 pm - Campus scavenger hunt

Friday, August 15

Between August 11 and 15th, Social 704 will be serving breakfast from 7:30 am - 9 am.

- CLASS 9-11 Module 7: PRESENTATIONS
- 11 am-11:50 am: Lunch
- 12 pm-1 pm: Resource Hour: Career & Research (Woodward 106)
 - CLASS 1:15 - 2 pm Module 8 A - Faculty and programs
 - CLASS 2:15 - 4 pm Module 8 B - College Experience - Students' orgs
 - 4 - 5 pm Student orgs' showcase

Saturday, August 16

- 8:30 am Light rail
- 9:15 am Charlotte Walking tour (Back to campus by noon)
- 1-3 pm: FIT Recognition Ceremony & Reception (SAC Salons A-E)
 - Speech, awards, followed by a reception

Sunday, August 17

- No Class/ New Student Convocation

Meeting in person on **Thursday, September 4TH, time: 5:30-7:30**, to follow up with the participants.