ADFAB is a group of first-year students who, like you, are looking to make the most of their first year in the College of Liberal Arts! Throughout the year, we help connect you to valuable resources around campus, foster new friendships, and provide useful information about issues relevant to first-year students such as:

- Choosing a major
- Studying abroad experiences
- Managing your time and finances
- Becoming familiar with our campus and the Twin Cities
- Developing new friendships
- Adapting to an independent lifestyle
- Finding your niche at the U of M
- Gaining leadership experience, and more!

“ADFAB is a great way to get involved quickly. I was able to form friendships that made my first year here much less scary. Having even five more people that I could say ‘hi’ to on my way to class was very encouraging. ADFAB also enabled me to give back to the community by participating in activities like Relay For Life. With ADFAB, everyone benefits!”

Lorna Buikema
ADFAB member 2004-2005

For more information: www.adfab.cla.umn.edu
or e-mail adfab@class.cla.umn.edu

The University of Minnesota is an equal opportunity educator and employer. This flyer can be made available in alternative formats upon request.