Applying to be in an L-LC is easy!

The Living-Learning Community application is part of the University at Albany’s housing application process, available through your MyUAlbany account.

♦ Select the community you would like to join from the list
♦ Select your potential major (including “undecided”), so we can be sure the L-LC is a good fit for you
♦ Tell us why you would like to be a member of the L-LC you have chosen and how you can contribute to that particular community

Students who are selected to be members of their chosen L-LC will be notified via university email beginning in late June.

How to Apply

Questions about Living-Learning Communities or Student Engagement?
Visit www.albany.edu/student_engagement
Email studentengagement@albany.edu

Questions about housing?
Visit www.albany.edu/housing
Email reslife@albany.edu.

Questions about admissions?
Visit www.albany.edu/admissions
Email ugadmissions@albany.edu

Student Engagement
Office of the Vice Provost for Undergraduate Education
University at Albany, SUNY
1400 Washington Avenue
Albany, New York
12222

Phone: 518.442.5333
Fax: 518.442.7484
E-mail: studentengagement@albany.edu

Visit us: www.albany.edu/student_engagement

WORLD OF FITNESS AND WELL-BEING

“If you have a strong interest in how to be the best version of yourself physically and academically, the World of Fitness and Well-being is the place to make that interest a reality.” - World Member

Check us out on our All World: UAlbany Living Learning Communities Facebook page!
Recent national studies have shown that living-learning communities positively impact student success!

**World of Fitness and Well-being**

The World of Fitness and Well-being is designed for incoming freshmen interested in staying (or becoming) healthy in mind and body while in college. Students in this community live and take classes with other freshmen who share these interests, and participate in co-curricular activities intended to introduce them to the expectations of college life, and the challenges of maintaining a healthy lifestyle away from home. Activities may include:

- Mindfulness meditation for stress management
- Yoga exercises
- Nutrition and healthy eating
- Group fitness classes
- Guest presentations
- Social gatherings with your L-LC friends

As a member of the World of Fitness and Well-being you will **live with other incoming freshmen who share your interest** in fitness and nutrition.

**Learning**

You will **take one or two of your classes together** in the fall and spring semesters of your freshman year, and attend co-curricular events together as a community.

**Community**

As a member of an L-LC you will have a built-in community of friends and colleagues right from the start!

**Friends:** Study and socialize with fellow L-LC members. Tackle those first-year courses with your friends by forming study groups where you live!

**World Ambassadors:** Learn the ropes from a peer selected from last year’s most engaged L-LC students.

**Community Assistant:** Meet weekly with an upperclass/graduate student to plan or attend social, academic, and community service events.

**Lead Faculty Member:** Get to know a member of the faculty outside of the classroom at weekly lunches in your own dining hall!

**Academic Advisor:** The World of Fitness and Well-being has its own Academic Advisor to help you plan your UAlbany pathway to success.

**Leadership Opportunities:** Become a World Representative. Go on to assume a campus-wide leadership role.

For more information about the World of Fitness and Well-being, including classes and activities, or to learn more about the responsibilities of being in an L-LC, please visit our website. www.albany.edu/student_engagement

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Faculty interaction outside the classroom is directly linked to student satisfaction and enhanced learning.

| Engage | Learn | Succeed |