



For immediate release — Tuesday, August 26, 2025

New University of Lethbridge students get an edge through the Early Start Experience program

Media are invited to see the class in action on Friday, Aug. 29, at 10:30 a.m.

First-year students at the University of Lethbridge are taking advantage of the Early Start Experience program in record numbers. This year, the two-week, full-credit course that helps incoming new students connect with university life before classes start has the most participants ever at close to 100.

“The students get lots of time to explore campus, get connected to services and generally feel more comfortable with ULethbridge,” says Brendan Cummins (BA ’16, MA ’18), instructor in the School of Liberal Education. “Students who take Early Start know what to expect when the semester starts, and they’re already in the rhythm of an academic year.”

The course also allows students to make friends with their peers, which is often a concern for students leaving home for the first time.

“Students who have come through the course absolutely love it, not just because of the material but because it raises their comfort level,” says Cummins. “Former students say they feel like they would have struggled in their first year without this course.”

Media are invited to visit the class and speak with students and the instructor on Friday, Aug. 29, at 10:30 a.m. in L1060. Media are asked to gather at the Library entrance.

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Our University's Blackfoot name is Iniskim, meaning Sacred Buffalo Stone. The University is located in traditional Blackfoot Confederacy territory. We honour the Blackfoot people and their traditional ways of knowing in caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our University community.