If you are selected for the TRIO Student Support Services (SSS) Scholars Program at Lock Haven University, you may participate in the 6-day Best Foot Forward (BFF) Summer Bridge Program only for SSS Scholars! We have many success strategies to share with you--and have proven results: our students have higher Grade Point Averages, stay in college, and graduate at higher rates than the general population of students!

**How do I register for the BFF program?** To register, please complete and e-mail your completed BFF Registration Form immediately to jstory@lhup.edu.

**When will the BFF program start?** Check in for the BFF Program will start at 2 p.m. on Saturday, August 15th. It will end at 4:30 p.m. on Thursday, August 20th. We will also have a brief campus service on Friday, August 21st! (Click on the link for the whole BFF Schedule on the SSS Scholars web page.)

**What does the BFF program cost?** ALL OF THE BFF ACTIVITIES AND MATERIALS ARE PAID FOR BY THE TRIO SSS SCHOLARS PROGRAM, funded by the US Department of Education and Lock Haven University! Workshops, materials, welcome buffet, 3 meals per day, orientation packet, t-shirt, a room in the residence halls, and recreational activities will be covered. Spending money or extra food will be up to you.

**Where will I live during the BFF program?** If you are living on campus in the fall, you will move into your room designated for the semester. To live near BFF students, you can request the Foundation Suites or McEntire Hall. However, you do NOT have to live on campus to participate. If you are living off campus in the fall, you can commute (with LHU parking permit) or opt to stay in a residence hall during BFF time.

**What if I cannot attend the BFF program?** The staff and I will hold an orientation meeting only for SSS Scholars who cannot attend the BFF on Sunday, August 23rd, (time to be announced). Here, the staff and I will review the services offered by our program.

**Why should I participate in the BFF program?** Before classes begin, take advantage of the opportunity to put your best foot forward for success in college! You will be able to ask questions about college life and learning and receive one-on-one guidance with your transition to college. You will gain beneficial information and experience through academic, social, cultural, and financial literacy, recreational, and personal development activities. You will be able to meet other students, move into your residence hall early, receive advising, and learn about college coping skills, campus technology, and resources in the surrounding community. If you are a new non-traditional student, we encourage you to participate in as many activities as you can around your other obligations to gain confidence as a returning student. If you are a transfer student, you will get the chance to become acclimated to LHU before other students arrive.

**Who will facilitate the BFF program?** Dr. Julie Story, Director; Dr. MG Gainer, Writing Specialist; 12 Peer Mentors, and many other campus and community leaders will contribute to the BFF programming to help you to build a foundation for your first-year success at LHU. Please e-mail Dr. Story at jstory@lhup.edu or call (570) 484-3847 with any questions!