Being Community
Orientation Retreat | September 26-30, 2020

To complete your orientation to Luther College, the following experiences are available for you to engage and learn. If an event is listed as taking place multiple times, you only need to attend once. Please plan accordingly.

Implicit Bias Training

Attend one of the following presentations:
- Sunday: 10AM-12PM
- Monday and Wednesday: 10AM-12PM, 1-3PM

**Items to do on your own:**

**Designing Your Luther Life**

- Watch [Designing your Life](#) Ted Talk
- Watch [Navigating Forward Using Design Thinking and CliftonStrengths](#)
- Read “Dispelling Career Myths That Are Holding You Back” - [NYT: “Why ‘Find Your Passion’ Is Such Terrible Advice”](#)
- Optional: Read Designing your life prologue and chapter 1 ([in Katie](#))

Sponsored by the Career Center

**Braver Angels eCourse**

All students are asked to complete the Braver Angels eCourse, which is a dialogue skills course led by Braver Angels co-founder, Bill Doherty. The online course takes approx. 40 minutes to complete. During that time, students will learn dialogue methods for effective listening and speaking, especially in situations that are politically tense. In addition to watching short explanatory videos, the course includes quizzes that are completed online [here](#). Sponsored by the Center for Ethics and Public Engagement

***As a record that you've completed the eCourse, please complete this short form.***

The Center for Ethics and Public Engagement (CEPE) aims to extend conversation beyond the classroom by examining assumptions, exchanging ideas, and encouraging responsible action in our world. You can help the CEPE create meaningful offerings by sharing what issues are most pressing to you. Jot your name down [here](#) to stay connected. You can also indicate interest in upcoming red/blue (political dialogue) workshops and Braver Angels debates. Your voice is important!

1 | Questions about Orientation? Contact [students@luther.edu](mailto:students@luther.edu)
Updated 9/18/2020
Join us for the following events:

Sustainability Seminar
10AM, 2PM, or 4PM
   Valders 262 | Sponsored by the Center for Sustainable Communities
   Personal Ecological Footprint and campus connection to nature. Work as a team to reflect and learn about yourself and Luther College. Sign up here.
   4-10 people

Wellness Activities
   · Kayak trip (pre-registration required; these trips are currently full)
   · Outdoor activities (badminton/pickleball)
   · Mat Pilates
SEPT 25 | Friday

Last day of class for September Term

All day  Scavenger Hunt! (Fri.-Wed.)
Create a team of up to five people and join us for an interactive community scavenger hunt using the GooseChase app! Download the free app and start earning points by completing missions that will take you across campus and around the Decorah community. The hunt will kick off on Friday, Sept. 25, and end on Wednesday, Sept. 30, at 11:59PM. Play for a chance to win PRIZES!! 1. Designate one person on your team to download the free GooseChase app. 2. Game name: September Term Scavenger Hunt! 3. Game password: GoNorse

7-8PM  Speed Friendshipping
_Bentdahl Commons_ | Sponsored by Counseling Service, Wellness, and SAC
Want to expand your friend circle and meet more Luther students? Join us for Speed Friendshipping. A 5-minute conversation could turn into a lifelong friendship. Physical distancing and masks will be required.
Sign up appreciated but not required: bit.ly/friendshipping.
Rain location: Regents North Gym

6:45PM  Food Justice Film Festival - _THE INVISIBLE VEGAN_ film screening
_Valders 206_ | Sponsored by CSC, CEPE, Campus Programming, BSU, and Latines Unides
_Q&A panel discussion after the film; more information here_

SEPT 26 | Saturday

SLEEP IN!

_Items to do on your own:

Designing Your Life

- Watch [Design Your LifeL Ted Talk](#)
- ‘Watch Navigating Forward Using Design Thinking and CliftonStrengths'
- Read “Dispelling Career Myths That Are Holding You Back” - NYT: “Why ‘Find Your Passion’ Is Such Terrible Advice”
- Optional: Read Design Your Life prologue and chapter 1 (in Katie)

8-11AM  Decorah Farmers Market
_Downtown Decorah, 399 Heivy St._
A great place to pick up some local goods.

10-12PM  Procrastinator’s Paradise | Everfi Prevention and Awareness Education
_Center for Faith and Life Main Hall_ | Sponsored by Wellness, Title IX Office, Counseling, and Student Life
Any students who have not completed the 4 Everfi Prevention and Awareness Education modules must attend. Bring your laptop. Email invitations will be sent on Friday, Sept. 25, to those still needing to complete the coursework.

9-11:45AM  **Kayak Trip** *(This trip now has some openings; sign up.)*
*Upper Iowa River | Sponsored by Recreational Services*

1-3:45PM  **Kayak Trip** *(This trip is currently full; however, you can still sign up to be put on the waiting list.)*
*Upper Iowa River | Sponsored by Recreational Services*

2-5PM  **Designing Your Life**
*Virtual via Zoom | Sponsored by the Career Center*
Whether selecting a college was easy or hard, you did it! Many more decisions and opportunities now lie before you. Life Design concepts help you understand what drives your decisions, get unstuck, and approach decision-making with a holistic approach to your well-being. For instance, consider reframing “What am I going to be when I grow up?” and “Discover your one passion” as “What am I growing into?” and “I enjoy many things. What will I try out next?” We’ll focus on the most relatable Life Design concepts with the goals of easing some stress, empowering you with new tools and resources, and introducing you to people who can help you along the way. Want to hear more before we meet? [Listen to four Luther community members talk about how this work impacted their lives.](#)

2PM  **Sustainability Seminar**
*Valders 262 | Sponsored by the Center for Sustainable Communities*
Sign up [here](#).

4PM  **Sustainability Seminar**
*Valders 262 | Sponsored by the Center for Sustainable Communities*
Sign up [here](#).

6:45PM  **Food Justice Film Festival - DOLORES** film screening
*Valders 206 | Sponsored by CSC, CEPE, Campus Programming, BSU, and Latines Unides*
*Q&A panel discussion after the film; more information [here](#)*

**SEPT 27 | Sunday**

**SLEEP IN!**

9-11:15AM  **Kayak Trip** *(This trip is currently full; however, you can still sign up to be put on the waiting list.)*
*Upper Iowa River | Sponsored by Recreational Services*

10AM  **Implicit Bias Training**
*Peace Dining Room | Sponsored by CIES*

10:40AM  **Walk to Worship**
*Good Shepherd Lutheran Church | Sponsored by College Ministries*
Masks and physical distancing required. Meet at 10:40AM on the CFL steps. Please sign up here:

1-3:45PM **Kayak Trip** *(This trip is currently full; however, you can still sign up to be put on the waiting list.)*  
*Upper Iowa River* | Sponsored by Recreational Services

1-3PM **Implicit Bias Training**  
*Peace Dining Room* | Sponsored by CIES

2PM **Sustainability Seminar**  
*Valders 262* | Sponsored by the Center for Sustainable Communities  
Sign up [here](#).

4-5:30PM **Young Alumni and Seniors Connections I**  
*Virtual via Zoom* | Sponsored by Alumni Relations and the Career Center  
Join us for a conversation with some recent Luther grads and current students as they share more about their college experiences and tips they have for you as you’re starting out at Luther. They’ll cover topics such as what they wish they would have known and what they’re glad they did, share strategies for coping with homesickness, and more! Bring your questions—there will be a Q&A session at the end.

4PM **Sustainability Seminar**  
*Valders 262* | Sponsored by the Center for Sustainable Communities  
Sign up [here](#).

6:45PM **Food Justice Film Festival - URBAN ROOTS film screening**  
*Valders 206* | Sponsored by CSC, CEPE, Campus Programming, BSU, and Latines Unides  
*Q&A panel discussion after the film; more information [here](#)*

**SEPT 28 | Monday**

**AVAILABLE ALL DAY**  
Pickleball and badminton courts set up in the west gym of Regent’s Center

**Items to do on your own:**

**Braver Angels eCourse - offered by the Center for Ethics and Public Engagement**  
All students are asked to complete the Braver Angels eCourse, which is a dialogue skills course led by Braver Angels co-founder, Bill Doherty. The online course takes approx. 40 minutes to complete. During that time, students will learn dialogue methods for effective listening and speaking, especially in situations that are politically tense. In addition to watching short explanatory videos, the course includes quizzes that are completed online [here](#).

***As a record that you’ve completed the eCourse, please complete this short [form](#).***

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pressing to you. Jot your name down here to stay connected. You can also indicate interest in upcoming red/blue (political dialogue) workshops and Braver Angels debates. Your voice is important!

10AM  Implicit Bias Training  
*Peace Dining Room* | Sponsored by CIES

**Sustainability Seminar**  
*Valders 262* | Sponsored by Center for Sustainable Communities

1-3PM  Implicit Bias Training  
*Peace Dining Room* | Sponsored by CIES

1-2PM  Exploring Luther Trails  
*Meet in front of the Union* | Sponsored by Recreational Services

2PM  Sustainability Seminar  
*Valders 262* | Sponsored by Center for Sustainable Communities

Sign up [here](#).

4-5:45PM  Sand Volleyball League  
*This is the continuation of a league currently running through Recreational Services.*

5:15-6PM  Mat Pilates  
*Regents Center, North Gym* | Sponsored by Recreational Services

Bring your mat or a large towel.

4PM  Sustainability Seminar  
*Valders 262* | Sponsored by Center for Sustainable Communities

Sign up [here](#).

7:30PM  Pickleball  
*This is the continuation of a league currently running through Recreational Services.*

**SEPT 29 | Tuesday**

**AVAILABLE ALL DAY**

Pickleball and badminton courts set up in the west gym of Regent’s Center

**CliftonStrengths**

There is a gift purchased and given to you in your email inbox. If you haven’t opened it yet, search strengths@luther.edu. It’s an access code to unlock your top 5 CliftonStrengths. Knowing and being able to articulate your strengths has shown to increase confidence, hope, and productivity. Who couldn’t use more of that?! After you take the assessment (approx. 30 minutes) and read your report, share your results with a friend or family member from home and listen to their
reactions. Then join an interactive conversation about putting your strengths into action as a first-year student at Luther this afternoon at 2PM.

10AM  **Sustainability Seminar**  
*Valders 262 | Sponsored by Center for Sustainable Communities*  
Sign up [here](#).

1-2PM  **Exploring Luther Trails**  
*Meet in front of the Union | Sponsored by Recreational Services*  

2PM  **Sustainability Seminar**  
*Valders 262 | Sponsored by Center for Sustainable Communities*  
Sign up [here](#).

2-5PM  **Strengths**  
*Virtual via Zoom | Strengths-Based Leadership Program/Career Center*  
You've unlocked your top 5 strengths, now let's see what it all means. Strengths are so much more than five words with two-sentence definitions. They're your motivations, your natural way of thinking, the way you shine on a team, the way you get work done, the way you develop relationships, and more. Your strengths are with you everywhere you go, so let's take a look inside and make some meaningful connections!

4-5:45PM  **Sand Volleyball League**  
*This is the continuation of a league currently running through Recreational Services.*

5:15-6PM  **Dance Cardio**  
*Regents Center, North Gym | Sponsored by Recreational Services*  

4PM  **Sustainability Seminar**  
*Valders 262 | Sponsored by Center for Sustainable Communities*  
Sign up [here](#).

7:30PM  **Pickleball League**  
*This is the continuation of a league currently running through Recreational Services.*

**SEPT 30 | Wednesday**

**AVAILABLE ALL DAY**  
Pickleball and badminton courts set up in the west gym of Regent’s Center  

10AM  **Implicit Bias Training**  
*Peace Dining Room | Sponsored by CIES*  

**Sustainability Seminar**  
*Valders 262 | Sponsored by Center for Sustainable Communities*  
Sign up [here](#).

1-2PM  **Hiking the Luther Trails**  
7 | Questions about Orientation? Contact [students@luther.edu](mailto:students@luther.edu)
Meet in front of the Union for the trail of the day. | Sponsored by Recreational Services

2PM  **Sustainability Seminar**  
*Valders 262 | Sponsored by Center for Sustainable Communities*  
Sign up [here](#).

3-6PM  **Decorah Farmers Market**  
*Downtown Decorah, 399 Heivly St.*  
A great place to pick up some local goods.

3:30-5PM  **Alumni Connections II**  
*Virtual via Zoom | Alumni Relations and the Career Center*  
We’ve gathered another great group of alumni together for this conversation. These graduates have used their Luther experience to do vastly different things all over the country. Tune in to hear how their Luther connections helped guide their way, which experiences had a lasting impact, and why they love returning and giving back to their alma mater. You’ll be able to ask them questions in the chat feature and add these remarkable people to your larger Luther network. They look forward to virtually connecting with you!

4-5:45PM  **Sand Volleyball League**  
*This is the continuation of a league currently running through Recreational Services.*

4-5PM  **International Student Support Group**  
An opportunity for international students to support one another in the challenges and joys they experience as international students at Luther. This new group will meet weekly on Wednesdays from 4:00-5:00PM through the end of Term 2. Contact Bobbi-Jo Molokken [molobo01@luther.edu](mailto:molobo01@luther.edu) with any questions. Sign up [Here](#).

5:15-6PM  **Mat Pilates**  
*Regents Center, North Gym | Sponsored by Recreational Services*  
Bring your mat or a large towel.

7PM  **Outdoor Movie-Guardians of the Galaxy**  
*Library Lawn | Sponsored by SAC*

8-9PM  **Pickleball League**  
*This is the continuation of a league currently running through Recreational Services.*

**OCT 1 | Thursday**  
First day of Fall Quarter 1

Questions about Orientation? Contact students@luther.edu