



YOUR FIRST
100 DAYS



WELCOME! This calendar represents a compilation of events and activities for **Your First 100 Days**. Each item has been selected to provide you with the opportunity to make connections and develop skills that will help you experience the five core values of Gustavus—Excellence, Community, Justice, Service, and Faith.



YOU HAVE BEGUN YOUR JOURNEY TO THIS DESTINATION!

Know that you are not alone in this journey—faculty, staff, Gustavus alumni, and your fellow students are here for you. Have a great first year at *"dear old G-A-C!"*

ALUMNI

- The Gustavus Alumni Association welcomes you to Gustavus! You are a Gustie! Did you know that there are Gusties living in all 50 states and DC, Puerto Rico, Virgin Islands, and Guam, as well as in 59 countries outside the US, including Sweden, India, Japan, Kenya, Peru, and Australia, just to name a few?
- Did you know that Gustavus is alma mater to: Minnesota governors Adolph Olson Eberhart 1895, Luther Youngdahl '19, and Harold LeVander '32; Minnesota lieutenant governor Joannell Dyrstad '64; Minnesota Attorney General Henry N. Benson 1893; recent Speaker for the Minnesota House of Representatives Margaret Anderson Kelliher '90; judges, including the Hon. G. Barry Anderson '76, associate justice of the Minnesota Supreme Court, and the Hon. Paul A. Magnuson '59, senior judge of the U.S. District Court for the District of Minnesota; famous

Hollywood actors, including Peter Krause '87 (*Six Feet Under*, *Dirty Sexy Money*, *Parenthood*) and Steve Zahn '90 (*You've Got Mail*, *Employee of the Month*); professional athletes, including Eric Butorac '03 (professional tennis player) and Ryan Hoag '03 (2003's "Mr. Irrelevant"); Grammy Award-winning jazz vocalist Kurt Elling '89; TV news anchor Allison Rosati '85 of NBC5 in Chicago; and inventor Patsy O'Connell Sherman '52, co-inventor of 3M Scotchgard?

- Gusties are developing games at Nintendo and working on the newest iPhone at Apple; one served as assistant press secretary to First Lady Michelle Obama; plus, they are working as costume designers, tree climbers, construction managers, trademark lawyers, zookeepers, bed and breakfast owners, missionaries, teachers, pastors, vice presidents, farmers, lawyers, inventors, and more.

A Gustie worked on the Apollo 13 flight. Gusties make their lives count.

- The best part is that all these amazing alumni are Gusties, just like you! They want to help you with an internship or a research project, they want to hear your stories, and they are supporting your time at Gustavus with their financial contributions. Contact the Office of Alumni and Parent Engagement at x7511 or alumni@gustavus.edu to learn more.



EXPERIENCE GUSTAVUS

Gustavus Adolphus College expects students to attain their highest potential. By aspiring to the College's core values, students develop a capacity and passion for lifelong learning and lives of leadership and service.

EXCELLENCE

In the words of Eric Norelius, founder of the College, "Whatever we do, let us do it well."

- 72 majors, 14 with honors
- Academic assistantships
- Student research opportunities
- International education
- Internships
- Honorary and professional organizations
- Dean's List
- Leadership within student organizations
- Nobel Conference
- Chapter of Phi Beta Kappa

COMMUNITY

Gustavus has always been marked by a pervasive sense of connectedness among all members of the community.

- Residential college with more than 80% of students living on campus
- Over 110 student organizations with 99% of students involved in at least one organization
- 10 fraternities and sororities
- Gustavus Ambassadors
- Substance-free living options
- 25 athletic teams plus 40 intramural and club sports

JUSTICE

The College strives to be a just community in all of its actions and to educate students for morally responsible lives.

- Peace Studies minor and other social justice courses
- Hunger & Homelessness Awareness Week
- Student-led "Our Story" and "Building Bridges" conferences
- More than a dozen social justice and multicultural student organizations
- Mayday! Peace Conference

SERVICE

We embrace the notion that true leadership expresses itself in service to others.

- Award-winning Community Service Programs
- More than 10 service-centered student organizations
- Spring Break Work Trips
- Leadership opportunities as a Gustie Greeter, Peer Assistant, or Collegiate Fellow
- G.O.L.D. Leadership Program

FAITH

Faith enriches learning, and we encourage an honest exploration of faith without expecting conformity.

- College firmly rooted in its Lutheran heritage
- Daily Chapel service
- Observance of other faith celebrations like Ramadan, Yom Kippur, Diwali, and Higan-e
- Taizé and Proclaim worship services
- Gustavus Youth Outreach
- Chapel Apprentice Program
- Vocational Reflection

EXPLORE YOUR IDENTITY—INVEST IN OTHERS

You have joined a community of persons from diverse backgrounds who respect and affirm the dignity of all people. As a new student at Gustavus, this means truly knowing who you are and investing the time to learn about others.

EXPLORE YOUR IDENTITY

- What is your ethnic/cultural heritage?
- How does your heritage impact who you are today?
- What role has faith/religion/spirituality played in your life?
- How is your family alike or different from that of others?
- What have your experiences been with people who are different from yourself?
- How does who you are now, and what you believe today (your identity), impact others?
- Why do you believe what you believe?
- How do you imagine yourself to be the same or different four years from now (values, beliefs, traditions, opinions, etc.)?

INVEST IN LEARNING ABOUT OTHERS

- Discuss families, heritage, faith, etc. with other students.
- Visit with students, staff, and faculty in The Diversity Center—everyone is welcome!
- Attend E Pluribus Gustavus, Daily Chapel, Diwali, Day of the Dead Celebration, Mixed Blood Theatre, I Am We Are, events sponsored by the Crossroads Program, Kwanzaa.
- Take a class focused on a topic different from your background/experiences (ethnic/cultural heritage, faith tradition, gender, and so on).
- Join a student organization that sounds interesting (and is different from what you have done in the past).
- Ask others why they believe what they believe.
- Volunteer to do community service.

Collegiate Fellow (CF) – Collegiate Fellows are carefully selected upperclass students who receive extensive training in peer counseling techniques, activity and program development, and academic and campus resources. The CF's primary role is to help facilitate a positive living environment and act as your number one resource for information. The best part is they live right down the hall!

Counseling Center (x7027) – The Counseling Center works with Gustavus students to enhance their personal development and academic achievement. At times, students experience relational, emotional, social, or academic difficulties that they cannot fully resolve on their own, and find it helpful to talk to a professional counselor. The Counseling Center provides a variety of free, confidential services, including individual and group counseling, consultation, programs and workshops, training, and referrals to off-campus mental health resources.

Health Service (x7630) – The Student Health Service provides care and/or referral for acute medical injuries and illnesses, performs preventative health examinations, and promotes health and wellness through health maintenance, health education, and public health initiatives to maximize the lifelong health and learning of students.

Peer Assistants (PAs)/Peer Assistance Center (x7607) – The Peer Assistants are peer educators who work to identify student needs and coordinate programs that support the Gustavus community in matters concerning alcohol/drugs, sexuality, and other lifestyle issues. Additionally the PAs staff the Peer Assistance Center which offers literature on lifestyle issues and a place to find a listening ear—plus they have the most comfortable couches on campus! Visit them in the Campus Center.

Your Roommate! – Getting along with a roommate and sharing a living space are two of the key issues new students worry about. You have been assigned a room where you will sleep, study, relax, and entertain friends—and you are sharing this space with someone you most likely just met. Take the time now to get to know your roommate!

CONNECT WITH GUSTAVUS ONLINE

Options include Facebook (Gustavus Page, Gustavus Alumni), Twitter (follow GAC or President Ohle), LinkedIn, YouTube, & Flickr.

Center for Servant Leadership (x7272)

The Center for Servant Leadership is here to help you to identify your gifts and talents, determine a major and career choice, find an internship, explore big questions (your vocation and purpose), develop leadership skills, think about your spiritual development, and give back to the community through meaningful service. Over half of Gusties will experience an internship or career exploration and two-thirds will volunteer, join a service group, or experience community-based learning in the classroom. Visit the CSL to talk with a counselor, have a cup of tea, attend one of the dozens of events we sponsor, or join us for a weekend reflection retreat. We're here to help you make a difference, to make your life count.

Chaplains' Office (x7446) – The Chaplains' Office seeks to serve the entire Gustavus community students, staff, faculty, alumni, and friends. The center of our ministry is the worship of God rooted in the Lutheran Christian tradition. At the same time we value and support ecumenical cooperation and interfaith dialogue.

Diversity and Multicultural Programs

(x7449) – The Diversity Center is home to various diverse student organizations at Gustavus but welcomes all students, staff, and faculty who are interested in learning more or in shaping the climate of our campus. You might connect with a specific student organization, help plan an event, take the time to read the D-Center newsletter *Higher Ground*, or just hang out. Stop by to learn how the gifts of similarity and difference bring us together as a community.

Gustie Greeters – The Gustie Greeters are a group of fifty upper-class student leaders who plan, organize, and lead incoming students through New Student Orientation. Each Greeter leads activities, discussions, and events for a small group of first year students during the four day Orientation program. Gustie Greeters continue to be mentors, resources, and friends to these students throughout their first year and beyond.

Peer Education and Chemical Health

(x7665) – The Office of Peer Education and Chemical Health, in conjunction with the Peer Assistants, provides information and education on alcohol, drugs, and other health-related issues through workshops, speakers and awareness weeks. In addition, professional staff in Peer Education and Chemical Health, provide individual counseling and alcohol screening, make referrals to on and off-campus resources, and work along with the Peer Assistants to promote healthy lifestyle programming.

Residential Life (x7529) – The mission of the Office of Residential Life at Gustavus Adolphus College is to complement the academic mission of the institution by providing a living environment for students conducive to learning and development. Residential staff is committed to fostering a community in which students respect and affirm the dignity of all persons.

ACADEMIC SUCCESS

Academics are an important part of the college experience. Here are 10 study tips to help ease the transition from high school to college. Make sure to check out all of the activities that celebrate Gustavus.

- Go to class. Skipping class is the #1 reason why students fail.
- Study at least 25 hours a week. College is a full time job. You should be in class, studying, or doing homework 40 hours per week.
- Schedule “goof-off” time. Everyone needs down time, but students need to manage their “goof-off” time.
- Know the last day to withdraw. After this date, you cannot withdraw from a class. Look for an e-mail from the Registrar regarding withdrawing from classes.
- Start your assignments early. The unexpected happens—you get sick or your computer crashes. Start assignments with plenty of time for the unexpected.
- Visit your advisor. Students need to meet with an advisor (usually in October or November) to plan for next semester.
- Go to your professors' office hours. Professors like to help students. Visit your professor during office hours.
- Take advantage of the tutors. Check with the Academic Advising Center for specific information.
- Form a study group. Studying complex material is more efficient with a study group.

ROOMMATES 101

- Discuss habits and schedules. Do you stay up late or get up early? What about housekeeping? Some are neat & some are not (you might need to relax a bit) but negotiate who does what when.
- Talk about social & personal expectations. Discuss expectations regarding loud music, significant others, other guests (overnight or otherwise), parties, time to “have the room to myself” and revisit expectations often.
- Respect & compromise are KEY! Value differences—in interests, friends, appearance, religion, values. Respect and learn about your roommate and chances are he/she will respect you.
- Talk before problems become big (NOT Facebook, E-mail, or Text—TALK IN PERSON!) As issues come up, brainstorm together to find ways to compromise . . .
- Not working out? First, talk with your roommate about your concerns. Also discuss your concerns with the CF and if necessary, schedule a mediated conversation.

GUSTIES ARE BUDDIES

- GUSTIES STICK TOGETHER when they go out! Never leave a friend alone—travel together in a group. Arrive together—stay together—leave together!
- Tell someone where you're going if you have to work in an isolated lab, practice room, or study lounge.
- Don't walk alone, especially after dark. Take a buddy and stay on populated, well-lit paths. If you need an escort, call Campus Safety.
- Take care of your stuff. Lock your door when you leave and remind your buddy to do the same.
- If you witness any suspicious behavior or if someone is in trouble, call Campus Safety immediately. Buddies watch out for each other and take care of our community by getting help if they need it.

WHAT'S HAPPENING?

While your academics should be your number one priority, all work and no play make a Gustie a dull student! There are activities, events, and programs throughout the year and here is how you find out what's happening on campus: College Calendar (gustavus.edu/news/calendar/) ■ Visit with your CF about upcoming events in your residence hall ■ Watch the changing wallpaper of posters in your building and around campus ■ *Gustavian Weekly*

SEPTEMBER 2013

- Apply to run for a position on your Residence Hall Council
- Turn in Health History form to Health Service
- Pay a visit to your professors during their office hours
- Get to know your advisor
- Take a picture with the statue of Gustav Adolf
- Join an organization or club that sounds interesting
- Hear new music Wednesday nights at the Courtyard Café
- Check out myPlan at Health Service
- Check out the weekly dance in The Dive Fridays, 11pm-1am, (GAC ID required)
- Check out free exercise classes in Lund
- Watch a free movie in Wallenberg each Friday & Saturday at 7pm & 10pm and Sunday at 2pm
- Beginning September 24th pick up First Year wellness kits from Gustavus Health Service
- Order your complimentary Nobel Conference & Christmas in Christ Chapel tickets at gustavustickets.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Student Orientation	2 New Student Orientation Women's Soccer vs. UW-Stout 3 p.m.	3 Fall Semester Begins	4	5	6 <i>The Purge</i> (Outdoor Movie) Linnaeus Arboretum 9 p.m.	7 SNL Headphone Disco (Gustie Greeters) Lund 10 p.m.
8	9	10 Involvement Fair Eckman Mall 4:30-6:30 p.m.	11	12	13 Volleyball (Gustavus Tournament) vs. UW-River Falls 3 p.m. vs. Central College 7 p.m.	14 SNL StepAfrika (CAB) Lund 10 p.m. Volleyball (Gustavus Tournament) vs. Bethany Lutheran College 11 a.m. vs. Simpson College 1 p.m. Football vs. Simpson College 1 p.m.
15	16 Registration Deadline	17 Volleyball vs. Northwestern College 7 p.m.	18 Women's Soccer vs. Carleton College 7 p.m. Volleyball (Family/Parents Night) vs. Carleton College 7 p.m.	19 Tori Murden McClure Lecture & Book Signing Christ Chapel 7 p.m.	20 Gustavus Hockey Golf Tournament	21 Men's Soccer vs. Concordia College 2:30 p.m. Dueling Pianos Alumni Hall 7 p.m. SNL Lund 10 p.m.
22	23	24 Men's Soccer vs. Wartburg College 4:30 p.m. First Year Kits available in Health Service	25 Women's Soccer vs. Crown College 4 p.m. Volleyball vs. Hamline University 7 p.m. Flu Shot Clinic Heritage Room 8 a.m.-4 p.m.	26	27 Homecoming Pep Fest & Pizza Off Lund Forum 6 p.m.	28 All Gustie Lunch Alumni Tent Noon Women's Soccer vs. College of Saint Benedict 1 p.m. Football vs. St. Olaf College 1:30 p.m. Volleyball vs. Macalester College 4 p.m. Blacklight Dance Homecoming Tent 8 p.m. SNL Lund 10 p.m.
29	30				Homecoming Weekend	

IMPORTANT PEOPLE & IMPORTANT OFFICES

Academic Advising (x7027) - Along with your academic advisor, Collegiate Fellow, and professors, the Academic Advising staff offers advising and academic support services, as well as providing for the needs of students with disabilities. Conversations about how to take good notes, manage your time, and majors all happen at Academic Advising.

Academic Advisor - Your faculty academic advisor is your number one resource for all of your academic questions and concerns. At Gustavus, advising goes beyond simply prescribing courses. Faculty and students talk about course choices, the integration of coursework and co-curricular choices, possible majors, and developing an academic program that will lead to further study or interesting careers. Visit your advisor early and often.

Campus Activities Office (x7598) - The Campus Activities Office serves the campus as a resource for student leadership and programming, working with student organizations to develop high-quality programs for students. Looking for something to do? Want to join or start a student organization? The Campus Activities Office is a great place to start.

Campus Safety (x8888) - Campus Safety is on duty 24 hours a day to provide the safest environment possible. The uniformed officers are responsible for residence hall, academic building, and grounds security, and respond to health and safety concerns. Each officer is also a trained First Responder.

Career Development (x7272) - One third of students come to Gustavus as open majors and half of the rest will change their minds and ALL will want to use their education in the world after graduation! Career Development helps students with figuring out what majors and careers are of interest (individual career counseling), how to plan

your Gustavus years to be competitive for health professions programs, using social media to learn about careers, how to write effective résumés (which you will need to apply for campus and summer positions), and opportunities to meet employers who hire for internships and jobs. Start by meeting Peer Career Advisers during evening hours (5-8 p.m., no appointment needed) to get started moving toward your career goals.

Center for International and Cultural Education (x7545) - More than half of all Gustavus students study abroad before they graduate. Some students go on a January Interim off-campus program, others study abroad for a semester or academic year, and many students study away more than once. These students know that study away not only provides an opportunity for travel, helps you learn a language, and gives you experiences a classroom setting just cannot provide, but that it also enhances your employment prospects after you graduate. We are here to help you decide the best time and the best program for you!

HAVE QUESTIONS ABOUT...

You are not alone on your journey at Gustavus, but you may wonder where to go to ask questions. Arranged by topic, here is a short list of people and places who are here to help you be successful.

Adding/dropping a class—Course Instructor, Your Academic Advisor, Registrar's Office

Complimentary Tickets—Order your complimentary Nobel Conference and Christmas in Christ Chapel ticket at gustavustickets.com

Culture & Diversity Opportunities—Diversity Center, Campus Activities Office, Collegiate Fellow

Faith/Spirituality—Chaplains' Office, Diversity Center, Religion faculty, Center for Servant Leadership

Getting involved, Clubs and Organizations—Campus Activities Office, Your Greeter, Diversity Center, Center for Servant Leadership, Collegiate Fellow, Crossroads Program

Grades, a bad test or paper—Course Instructor, Your Academic Advisor, Academic Advising Office

Illness or Medical Needs—Health Service, Campus Safety, Collegiate Fellow

Majors—Your Academic Advisor, Center for Servant Leadership (Career Development), Academic Advising Office, Fellow students

Money concerns, employment, scholarships—Financial Aid Office, Your Academic Advisor

Roommate concerns/switching rooms—Your roommate, Collegiate Fellow, Area Coordinator

Rules, Policies, Judicial Issues—Collegiate Fellow, Area Coordinator, Dean of Students

Safety Concerns, Assault, Violence—Collegiate Fellow, Campus Safety, Sexual Assault Response Team, Counseling Center, Dean of Students

Selecting classes—Your Academic Advisor, Academic Advising Office, Faculty, Collegiate Fellow, Gustie Greeter

Stress, ongoing sadness or anxiety, etc.—Counseling Center, Chaplains' Office, Collegiate Fellow, Peer Assistants, Your Academic Advisor, Gustie Greeter, Area Coordinator

Writing/proofing papers—Course Instructor, Writing Center, Academic Advising Office

OCTOBER 2013

- Chat with your professors about how your classes are going
- Take a draft paper to the Writing Center
- Attend a football game
- Have a bonfire at Seven Mile Park
- Take a picture with friends draped over the Gustavus sign
- Listen to an entire Nobel Conference presentation
- Schedule an appointment with your advisor before registration
- Spend an evening visiting the homes of all the Gustavus ghosts
- Attend & reflect during daily chapel
- Order Christmas in Christ Chapel tickets for family & friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Nobel Conference Reception: Hillsstrom Museum of Art 6–8 p.m. String Theory and the Superconducting Super Collider Series: Paintings by Lucinda Mason Associated American Artists: Art By Subscription Nobel Concert "Dark Energy" Christ Chapel 8:35 p.m.		2 Women's Soccer vs. Saint Mary's University 4 p.m.	3 Wicked Orpheum Theatre 7:30 p.m. The Rose Ensemble in Concert Christ Chapel 7 p.m.	4 Flu Shot Clinic Heritage Room 8 a.m.–4 p.m.	5 Men's Soccer vs. St. Olaf College 1 p.m. SNL Lund 10 p.m.
	Nobel Conference 49: The Universe at Its Limits					
6 The Michael Asmus Project Bjorling Recital Hall 7 p.m.	7	8	9 Volleyball vs. Augsburg College 7 p.m.	10	11 Trivia Heritage Banquet Room 8 p.m. Classical Guitarist Robert Gruca Bjorling Recital Hall 7:30 p.m.	12 Fall Fest Linnaeus Arboretum Football vs. University of St. Thomas 1 p.m. Women's Soccer vs. University of St. Thomas 1 p.m. SNL Lund 10 p.m.
					Family Weekend	
13	14	15	16	17	18 First Half Finals	19 Men's Soccer vs. Macalester College 1 p.m.
Family Weekend						Reading Days
20	21	22	23 Volleyball vs. Bethel University 3 p.m.	24	25	26 Men's Soccer vs. Augsburg College 1 p.m. Volleyball vs. Saint Mary's University 3 p.m.
Reading Days (Fall Break, No Classes)						
27	28	29	30 Women's Soccer vs. Bethel University 3:30 p.m.	31 Trojan Barbie Anderson Theatre 8 p.m.		
	J-Term Registration					

