YOUR FIRST 100 DAYS

#gusties20
WELCOME! This calendar includes a sampling 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.
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 90% of students living on campus
- Over 120 student organizations
- 14 fraternities and sororities
- Gustavus Ambassadors
- Substance-free living options

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 Sabbath
- 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
- Interfaith Space
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 you?
■ 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 Sabbath, 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.
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 and 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 and 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
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| **4** New Student Orientation  
Men's Soccer vs. Knox | **5** New Student Orientation | **6** Fall Semester Begins  
Opening Convocation | **7** Women's Soccer vs. Martin Luther  
Volleyball vs. Martin Luther | **8** First-Year Pre-Health Advising Session | **2** New Student Orientation Begins  
Women's Soccer vs. UW-La Crosse  
Men's Soccer vs. St. Scholastica | **3** New Student Orientation  
Women's Soccer vs. UW-La Crosse  
Men's Soccer vs. St. Scholastica |
| **11** Service Fair  
Outside the Marketplace | **12** Women's Soccer vs. Macalester  
4 p.m. (Hill Crew Event)  
Involvement Fair  
Eckman Mall | **13** Reading In Common Speaker  
Christ Chapel | **14** Men's Soccer vs. Macalester  
4 p.m.  
Volleyball vs. Bethel (JV)  
5 p.m. | **15** Accounting Fair  
Beck Atrium 10:30 a.m.–Noon | **9** CAB Outdoor Movie  
Borgeson Cabin | **10** Football vs. UW-River Falls  
1 p.m. (Hill Crew Event) |
| **16** Accounting Fair  
Beck Atrium 11 a.m.–Noon | **17** GLBTQA Support Group  
49er Room 2:30–3:30 p.m.  
Student Leadership Organization Training  
Banquet Rooms 2:30–4:30 p.m.  
Gusties After Dark Bingo  
Dive 10 p.m.–Midnight | **18** Sunday Worship  
with Holy Communion  
Christ Chapel | **19** Registration Deadline  
Outside the Marketplace 11 a.m.  
Health and Service 1st year kits available in the Health Service office while supplies last | **20** GLBTQA Support Group  
49er Room 2:30–3:30 p.m.  
Fun Friday  
KingPins Diversity Center 6 p.m.  
(Sold out, registration required) | **21** GLBTQA Support Group  
49er Room 2:30–3:30 p.m.  
Fun Friday  
KingPins Diversity Center 6 p.m.  
(Sold out, registration required) |
| **22** Sunday Worship  
with Holy Communion  
Christ Chapel | **23** Football vs. Hamline 11 a.m.  
Volleyball vs. St. Catherine 7 p.m. (Hill Crew Event)  
SNL Lund | **24** Football vs. Hamline 11 a.m.  
Volleyball vs. St. Catherine 7 p.m. (Hill Crew Event)  
SNL Lund | **25** Sunday Worship  
with Holy Communion  
Christ Chapel | **26** GLBTQA Support Group  
49er Room 2:30–3:30 p.m.  
Fun Friday  
KingPins Diversity Center 6 p.m.  
(Sold out, registration required) | **27** Men's Soccer vs. Saint Mary's  
4 p.m. (Hill Crew Event)  
Women's Soccer vs. Saint Mary's 4 p.m. |
| **28** Women's Soccer vs. Saint Mary's | **29** GLBTQA Support Group  
49er Room 2:30–3:30 p.m. | **30** GLBTQA Support Group  
49er Room 2:30–3:30 p.m.  
Fun Friday  
KingPins Diversity Center 6 p.m.  
(Sold out, registration required) |

- 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, 11 p.m.-1 a.m. (GAC ID required)
- Listen to an entire Nobel Conference presentation
- Watch a free movie in Wallenberg each Friday & Saturday at 7 p.m. & 10 p.m. and Sunday at 2 p.m.
- Beginning September 25 pick up First Year wellness kits from Gustavus Health Service
- Order your complimentary Nobel Conference & Christmas in Christ Chapel tickets at gustavustickets.com

National Hazing Prevention Week

Nobel Conference  
In Search of Economic Balance
### October 2016

- 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 at the Gustavus sign
- Check out free exercise classes in Lund
- Schedule an appointment with your advisor before registration
- Spend an evening visiting the homes of all the Gustavus ghosts
- Attend & reflect during Daily Sabbath
- Order Christmas in Christ Chapel tickets for family & friends
- Take a career assessment and meet with career development staff

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<td>Sunday Worship</td>
<td>Women's Soccer vs. Saint Benedict</td>
<td>Men's Soccer vs. Saint John's</td>
<td>The First “Global Immigration Crisis:” History and Contemporary Issues</td>
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<td>Sunday Worship</td>
<td>Meditation with Karl Larson</td>
<td>Pizza, Popcorn &amp; a Movie</td>
<td>Volleyball vs. Buena Vista</td>
<td>Mediation with Karl Larson</td>
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**NOVEMBER 2016**

1. Eat and shop at the Saint Peter Food Co-op
2. Make snow angels in the Arb
3. Eat at Whiskey River
4. Go bowling on a Monday night
5. Participate in the Homelessness Sleepout
6. Contemplate the meaning of form in the Hillstrom Museum of Art
7. Listen to KGSM
8. Schedule a fitness assessment in the Human Performance Lab
9. Really communicate—write for the *Gustavian Weekly*
10. Make time for reflection—and give thanks

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<td><strong>Sunday Worship</strong>&lt;br&gt;with Holy Communion&lt;br&gt;Christ Chapel</td>
<td><strong>International Festival</strong>&lt;br&gt;Alumni Hall</td>
<td><strong>Withdraw Deadline for Fall Semester Courses</strong>&lt;br&gt;GLBTQA Support Group</td>
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<td><strong>5 Football</strong>&lt;br&gt;vs. St. Thomas</td>
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<td><strong>Sunday Worship</strong>&lt;br&gt;with Holy Communion&lt;br&gt;Christ Chapel</td>
<td><strong>Spring Semester Registration</strong></td>
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<td><strong>Thanksgiving Break</strong>&lt;br&gt;(residence halls close the 23th at 9 a.m. &amp; re-open at noon on the 27th)</td>
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<td><strong>Thanksgiving Break</strong></td>
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### December 2016

- Form a finals study group
- Go tubing at Mount Kato
- Hit the sauna or hot tub in Lund Center
- Sing along with the St. Lucia Court in your residence hall (starting at 5 a.m.)
- Use your free ticket to see Christmas in Christ Chapel
- Make a snow-person family in front of Old Main
- Enjoy jazz and food at Midnight Express
- Go for a winter walk in the Arboretum

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<td><strong>GLBTQA Support Group</strong>&lt;br&gt;49er Room</td>
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<td><strong>Christmas in Christ Chapel</strong>&lt;br&gt;Christ Chapel</td>
<td>3:30 p.m. &amp; 7:30 p.m. (ticket required)</td>
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<td><strong>Free Chicken Soup</strong>&lt;br&gt;Sponsored by Health Service</td>
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<td><strong>Last Day of Classes for Fall Semester</strong>&lt;br&gt;Midnight Express&lt;br&gt;Dining Room</td>
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<td><strong>Last Day of Fall Semester</strong>&lt;br&gt;Midnight Express&lt;br&gt;Dining Room</td>
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<td><strong>Christmas</strong>&lt;br&gt;Midnight Express&lt;br&gt;Dining Room</td>
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<td><strong>Christmas Eve</strong>&lt;br&gt;Midnight Express&lt;br&gt;Dining Room</td>
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<td><strong>Christmas</strong>&lt;br&gt;Midnight Express&lt;br&gt;Dining Room</td>
<td>31 New Year’s Eve&lt;br&gt;Midnight Express&lt;br&gt;Dining Room</td>
<td>30 New Year’s Eve</td>
<td>30 Christmas&lt;br&gt;Midnight Express&lt;br&gt;Dining Room</td>
<td>29 Christmas&lt;br&gt;Midnight Express&lt;br&gt;Dining Room</td>
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**Additional Events:**
- **GLBTQA Support Group**<br>49er Room<br>November 29 & December 4
- **Christmas in Christ Chapel**<br>Christ Chapel<br>December 6 & December 20
- **Sunday Worship**<br>with Holy Communion<br>Christ Chapel<br>December 13 & December 20
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

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

**Grades, a bad test or paper**—Course Instructor, Your Academic Advisor, Academic Support Center

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

**Majors**—Your Academic Advisor, Career Development, Academic Support Center, 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 Support Center, 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 Support Center
Academic Support Center (x7027) – Along with your academic advisor, Collegiate Fellow, and professors, the Academic Support Center 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 the Academic Support Center.

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 Advisors during evening hours (5-8 p.m., no appointment needed) to get started moving toward your career goals.
Center for International and Cultural Education - More than half of all Gustavus students study away before they graduate. Some students go on a January Interim off-campus program, others study away 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!

Chaplains’ Office - 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 Center and Multicultural Student Programs and Services - The Diversity Center is the hub to all students, staff and faculty who are interested in learning more about and actively participating in shaping the climate of our campus. It is the mission of the Diversity Center to provide leadership for positive and equitable change that creates a welcoming and supportive environment for persons historically underserved in American colleges and universities. Stop in to learn more about the student organizations—Diversity Leadership Council or I Am We Are—to help plan a cultural event, to participate in an "excellence in diversity" workshop, or to just hang out.

Peer Assistants (PAs) - The Peer Assistants (PAs) are certified peer health educators who promote healthy, balanced lifestyles for the College. They help create a campus environment in which students feel empowered to make choices that contribute to their individual and community wellbeing. In addition to providing students with educational workshops, awareness, activities, and referral to on- and off-campus resources for a range of topics—chemical health, sexual health, stress management, nutrition, and healthy relationships, to name a few—the PAs offer important perspectives about wellbeing-related topics across the campus community.
Collegiate Fellow (CF) – Collegiate Fellows are carefully selected returning 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.

Gustie Greeters – The Gustie Greeters are a group of fifty returning 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.

Health Service (x7630) – The Student Health Service provides care and/or referral for acute medical injuries and illnesses, performs preventive 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. Tips: Get good sleep, eat right, and be active! Check out learntolive.com/partners.

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.

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!
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, the 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 Gustie grads include:
- Minnesota Governors (3), Lieutenant Governor, Attorney General, Speaker of the House of Representatives, Associate Justice of Supreme Court, and Press Secretary
- Co-inventor of 3M Scotchgard
- Renowned Scientists and Doctors
- Professional Musicians
- Hollywood Actors

Gusties are:
- Developing games at Nintendo
- Creating the newest iPhone at Apple
- Researching vaccines at the CDC
- Teaching overseas as Fulbright scholars
- Anchoring TV news and much more!

All of these amazing Gusties were supported by Gustie alumni, just like you are being supported by alumni today! Gustavus alumni give back by providing mentoring, internship, and scholarship opportunities.

Alumni financial gifts substantially fund YOUR education at Gustavus.

Gusties make their lives count.

Just ask us at: alumni@gustavus.edu.

GUSTIES WILL SHINE

What will YOU accomplish?
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!”