Welcome to New Student Seminar or General 097 as it is listed in Augustana’s catalog. There are 26 sections of the course for the members of the Class of 2019. Mentors are from the Augustana faculty and administrative staff with Viking Guides providing support. The team members are energetic, knowledgeable and approachable individuals who are ready to connect with you through this one-credit course experience.

The purpose of this class is to incorporate academic learning through engaging with the selected topics, to acclimate students to our community and consider the demands and expectations of higher education. Among this year’s focal points is an emphasis on your well-being and personal exploration of elements that contribute to the development of a healthy and well balanced life. To facilitate discussions, the class will read *Wellbeing: the Five Essential Elements*: career, social, financial, physical and community. Students will complete the *WellbeingFinder®* assessment (located in the back of your text) as part of the class experience to determine which of the three zones students are currently in. As part of this experience, students will be able to utilize the Personal Daily Tracker from the *Wellbeing* website.

In addition, we will consider your signature themes from the Clifton Strengthsfinder®. What are your top five signature themes and how will you use them to strengthen your academic learning? NSS discussions will also explore the development of motivation and perseverance through the discussion and activities on Mindset. Each of the ten sessions is designed to assist you on your journey into post-secondary education and in particular, the academic community of Augustana.

**Mission of Augustana**

Inspired by Lutheran scholarly tradition and the liberal arts, Augustana provides an education of enduring worth that challenges the intellect, fosters integrity, and integrates faith with learning and service in a diverse world.
Integral to an Augustana education is learning about and understanding the mission of the College. In fulfilling the mission of the College, Augustana is a supportive community, which assists students in preparing for a meaningful life of career, service, continuing enrichment, responsible citizenship, and personal integrity. To accomplish this, we blend the broad learning experiences of the liberal arts with students’ individual professional goals, while relating Christian faith to learning. The mission of the College is reflected in our five core values:

**Christian** - Augustana, as a college of the Evangelical Lutheran Church in America, centers on worship, welcomes all faiths, nurtures the search for a mature religious faith, and relates Christian faith and ethics to learning and service.

**Liberal Arts** - Augustana provides an education of enduring worth by affirming that teaching and learning are central and life-long, by providing a broad understanding of humans and their interactions, and by enriching the lives of students by exposure to enduring forms of aesthetic and creative expressions. An education of enduring worth is created by the development of broad knowledge and skills crucial in a changing world, by the creation of an awareness of one’s own religious and ethical beliefs as well as those of others, and through the cultivation of health and wellness.

**Excellence** - Augustana commits to high standards and integrity by practicing faithfulness in teaching, learning, supporting and administering, nurturing potential, challenging the intellect, acting ethically, and by recognizing achievement.

**Community** - Augustana fosters caring for one another and for our environments by responding to needs, respecting human differences, empowering one another, and by tending to the ecology of place.

**Service** - Augustana affirms that wholeness includes reaching out to others by accepting the call to servanthood, promoting justice, integrating career and service, and by serving church and society.

The five core values are central to the Augustana experience. The Augustana community lives them, honors them, and they inspire and guide the academic community as well as well as student life.

In 2000, the students of Augustana created The Augustana College Covenant to more clearly define these shared values and to ensure that students have an understanding of the rights and responsibilities that accompany membership here at Augustana. The Covenant Awards are presented annually to students who exemplify each of the course values. View the [Augustana Covenant](#) history and previous award recipients.
HOME VISIT

One of the most enjoyable and anticipated activities for NSS students is the faculty/staff home visit. It provides an opportunity for students to get to know their mentor outside of the classroom role as well as spend time with the Viking Guides. Each section determines the date and time of this NSS event. Often, the Home Visit is held on a Sunday afternoon or evening. The faculty/staff mentor chooses the home visit site so NSS groups can be heading to individual homes, local parks or other sites throughout the Sioux Falls area.

Make sure to bring your academic planner, monthly calendar or organizer to class with you so this event can be scheduled! Have a great time!

Class activity:
Activities revealed during class time.