Bard

LANGUAGE AND THINKING PROGRAM 2020

WEEK TWO
August 17–21
THE CENTER FOR STUDENT LIFE AND ADVISING WELCOMES YOU!

On behalf of the faculty and staff of Bard College, we welcome you to the 41ST annual Language & Thinking Program, a unique, three-week intensive exploration of critical, creative, and analytical texts. To supplement your classroom experience, we have developed a series of programs and activities designed to help you to explore the campus, become familiar with the College's resources, get to know one another, and settle into life at Bard. This booklet contains a detailed schedule of these activities and programs. If you have any questions about what you see here, or if you are looking for something and do not find it, ask your Peer Counselor (PC).

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<tr>
<th>Claire Lampson ‘21 (she/her)</th>
<th>Darnell L. Pierce (he/him)</th>
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<tbody>
<tr>
<td>L&amp;T Programming &amp; Orientation Intern</td>
<td>Assistant Dean of Students</td>
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<td>Dorothy Albertini ‘02 (she/her)</td>
<td>Director of the First-Year Experience</td>
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<td>Assistant Dean of Studies</td>
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<td>Timand Bates ‘02 (he/him)</td>
<td>David Shein (he/him)</td>
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<td>Associate Dean of Students</td>
<td>Associate Vice-President for</td>
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<td>Dr. Kaet Heupel (she/her)</td>
<td>Academic Affairs &amp;</td>
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<td>Assistant Dean of Studies</td>
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<td>Bethany Nohlgren (she/her)</td>
<td>Jenifer Triplett (she/her)</td>
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<td>Dean of Students</td>
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<td>Director of Academic Advising</td>
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<td>Mary Grace Williams (she/her)</td>
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<td>Chaplain of the College</td>
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For more specific information about campus services and policies, please consult the student handbook online, ask your Peer Counselor (PC), call or stop by:

Center for Student Life & Advising
Sottery Hall • 845-758-7454
csla@bard.edu

Enjoy week two of L&T!
Monday, August 17

BREAKFAST
7:30am - 9:00am • Kline Dining Commons

LANGUAGE & THINKING WORKSHOP
9:00am - 10:30am

LANGUAGE & THINKING WORKSHOP
11:00am - 12:30pm

LUNCH
12:00pm - 2:00pm • Kline Dining Commons

LANGUAGE & THINKING WORKSHOP
2:00pm - 4:00pm

LET'S PLAY SOME TENNIS!
4:30pm - 5:30pm • Meet at the Stevenson Tennis Courts with Coach Nesbitt • Register HERE
All levels of ability welcome. Equipment provided-please bring your own water bottle and face covering.

MINDFULNESS MONDAY
5:00pm - 6:00pm • Virtual • Join Zoom HERE
Explore mindfulness practices; Learn simple strategies such as breathing, journaling and visualizing to connect to the present moment, reduce stress and enhance your college experience.

DINNER
5:00pm - 7:00pm • Kline Dining Commons

TOTAL BODY STRENGTH & CONDITIONING CLASS WITH COACH MARSH
7:00pm - 7:45pm • Meet at Ferrari Main Field • Register HERE
This full body, circuit-style workout combines anaerobic and muscular conditioning using a wide variety of body weight exercises to increase strength, power, agility, endurance, and speed. The class includes warm-up and cool down. Bring your own water bottle, towel and face covering.

MEDITATION MONDAY: YOGA with SIREN
7:00pm - 8:00pm • Virtual • Join Zoom HERE
Join one of your fellow Bardians for a yoga meditation and take a break from the reading and writing.
Meeting ID: 990 9727 0427 | Password: 820834

BOB ROSS PAINT & SIP
7:00pm - 9:00pm • Virtual • Join Zoom HERE
Drop in on this guided painting to the soothing voice of Bob Ross. Materials and snacks will be available for pick up in the Campus Center on the day of the event.
Meeting ID: 911 0119 9413 | Password: 886072
Tuesday, August 18

BREAKFAST
7:30am - 9am • Kline Dining Commons

LANGUAGE & THINKING WORKSHOP
9:00am - 10:30am

LANGUAGE & THINKING WORKSHOP
11:00am - 12:30pm

LUNCH
12:00pm - 2:00pm • Kline Dining Commons

LANGUAGE & THINKING WORKSHOP
2:00pm - 4:00pm

BARD FARM POWER HOUR
4:00pm - 5:00pm • Bard College Farm, behind Robbins Hall • Sign-Up HERE
Are you interested in learning about the Bard Farm and sustainability initiatives on campus? Come down to the farm anytime during this open house and get your hands dirty. All experience levels welcome! This will be a great time to learn about sustainability programs at Bard. Bring your own water!

HEALING PRACTICES FOR BLACK, INDIGENOUS and/or PEOPLE OF COLOR
5:00pm - 6:00pm • Virtual • Join Zoom HERE
Explore ways to support your nervous system such as tips for regulating your emotions, grounding breathing techniques and the Emotional Freedom Technique

SAFE PHYSICAL ACTIVITIES INFO SESSION
5:30pm - 6:30pm • Virtual • Join Zoom HERE
An info session to teach students physical activities that are safe during the pandemic and what precautions to take during the pandemic. Any fitness or nutrition-related questions are also welcomed!

DINNER
5:00pm - 7:00pm • Kline Dining Commons

BARD TRIVIA NIGHT
7:00pm - 9:00pm • Virtual • Join Zoom HERE
Join the House librarians to test your knowledge and have some laughs with Happy Happy Joy Joy themed trivia!
Zoom ID: 913 0660 9217 | Password: Happy

KEEP’N IT CUTE: AN EASY YET EXTRA MAKEUP LOOK FOR A SPECIAL DAY
6:00pm - 7:00pm • Virtual • View on Youtube HERE
Tune in and get dolled up with help from a current student! If you attend, you will have the chance to win all of the products used in the video! You can return to this link at any time to watch the tutorial whenever you’d like!
Wednesday, August 19

BREAKFAST
7:30am - 9:00am • Kline Dining Commons

LANGUAGE & THINKING WORKSHOP
9:00am - 10:30am

LIBRARY RESEARCH WORKSHOP: IMMIGRANTS@BARD
9:00am - 10:30am • Virtual • Check Involvio Resources for Zoom links
Join House Librarians for Immigrants@Bard, a collaborative library workshop aimed at introducing students to library research and resources in an experiential way. Tapping into Bard’s rich history of welcoming and supporting immigrants and refugees, students work in teams to research prominent immigrant artists, scientists, and intellectuals who have ties to the Bard community or curriculum. You’ll also get a chance to meet your Bard House librarian and find out more about what the library has to offer you during your time at Bard. All students are required to attend one Immigrants@Bard session during L&T. Students will receive information about their workshop schedule from their Language and Thinking Instructors.

LANGUAGE & THINKING WORKSHOP
11:00am - 1:00pm

LUNCH
12:00pm - 2:00pm • Kline Dining Commons

OPEN HOUSE: BARD FARM
1:30 PM - 2:30 PM • Virtual • Join Zoom HERE
Are you interested in learning about the Bard Farm, student growing spaces and how you can get involved in campus and regional sustainable food systems initiatives? Then please join us for this virtual introduction to what we are nurturing at the Bard Farm and get your questions answered. If you are unable to make this open house, an introduction to gardening video will be posted by our Community Garden and Wild Roots student club heads who will also provide additional information on engagement opportunities.

ANXIETY TOOLBOX
2:00pm-3:00pm • Virtual • Join Zoom HERE
Learn the skills to calm the mind and body, and build resilience to navigate difficult times.
Meeting ID: 935 3650 6898  Passcode: 355242

GET ENGAGED: OPEN HOUSE with the CCE STEM OUTREACH STUDENT FELLOWS
3:00pm-4:00pm • Virtual • Sign-up HERE • Join Zoom HERE
Each year, the CCE STEM Outreach Team brings unique STEM outreach programs to Hudson Valley kids to help bridge the gap between studying traditional STEM subjects and exploring them. Join Megumi Kivuva ’22 and Yuval Elbaz ’22 during this open house to learn more!

DINNER
5:00pm - 7:00pm • Kline Dining Commons

WELLNESS WEDNESDAY
5:00pm - 6:00pm • Outdoor (Socially Distanced)
Join us at the Wellness Tent located by the back of Tewksbury Hall (nearest to the Community Garden) on Wednesdays during L and T to learn about stress reduction, self-care strategies, and navigating food at Bard. Learn how to access the Wellness Club’s Food Support Closet.
YOGA CLASS
5:00pm - 6:00pm • Virtual & In Person • Manor Lawn
End your day rejuvenated by a yoga class on Manor Lawn, overlooking the Catskill mountains. The class is free and open to all skill levels. Please bring your own mat. Class will not be held if it rains. Can’t make it to class in person? Email em5521@bard.edu for the link to join over Zoom.

CAREER DEVELOPMENT OFFICE (CDO) INFORMATION SESSION
6:00pm - 7:00pm • Virtual • Join Zoom HERE
Join the CDO team for information about how to begin preparing a resume and activating your Handshake account. Handshake is your one-stop shop to schedule an appointment with the CDO and learn about jobs on campus, and the upcoming on-campus job fair. It’s never too early to start thinking about your next job, and your future career.

BARD ABROAD: ACADEMICALLY ADVENTUROUS
6:00pm - 7:00pm • Virtual • Join Zoom HERE
Join Associate Director of Bard Abroad Leah Heckathorn, Smolny/AUCA Program Coordinator Caroline Clark, and Study Abroad Adviser Trish Fleming to learn about international academic, arts, language, engagement, internship, and study abroad opportunities at Bard. Will discuss: the study abroad approval process; Bard Abroad programs in Berlin, Bishkek, Vienna, St. Petersburg, and at the Bard Globalization and International Affairs Program (BGIA) in NYC; opportunities for overseas study via Tuition Exchange at Bard’s international partner institutions, and other study abroad options.

TOTAL BODY STRENGTH & CONDITIONING CLASS WITH COACH MARSH
7:00-7:45pm • Meet at Ferrari Main Field • Register HERE
This full body, circuit-style workout combines anaerobic and muscular conditioning using a wide variety of body weight exercises to increase strength, power, agility, endurance, and speed. The class includes warm-up and cool down. Bring your own water bottle, towel and face covering.

Thursday, August 20

BREAKFAST
7:30am - 9am • Kline Dining Commons

LANGUAGE & THINKING WORKSHOP
9:00am - 10:30am

LIBRARY RESEARCH WORKSHOP: IMMIGRANTS@BARD
9:00am - 10:30am • Virtual • See Resources on Involvio for Zoom links.
Join House Librarians for Immigrants@Bard, a collaborative library workshop aimed at introducing students to library research and resources in an experiential way. Tapping into Bard’s rich history of welcoming and supporting immigrants and refugees, students work in teams to research prominent immigrant artists, scientists, and intellectuals who have ties to the Bard community or curriculum. You’ll also get a chance to meet your Bard House librarian and find out more about what the library has to offer you during your time at Bard. All students are required to attend one Immigrants@Bard session during L&T. Students will receive information about their workshop schedule from their Language and Thinking Instructors.

LANGUAGE & THINKING WORKSHOP
11:00am - 12:30pm
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12:00pm - 2:00pm • Kline Dining Commons

LANGUAGE & THINKING WORKSHOP
2:00pm - 4:00pm

BUBBLEFEST
4:00pm - 5:00pm • Socially-Distanced, Front of the Health and Counseling Service at Robbins Annex
Bubble machines, dogs on long leashes, chalk art, yummy snacks, free goodies. Laura MacDonald with her therapy dog Gordon, and Tamara Telberg with her therapy dog Willow.

GET ENGAGED: ELECTION & VOTER RIGHTS PANEL
4:30pm - 5:30pm • Virtual [Connect Through Sign-Up Link] Sign-up HERE • Join Zoom HERE
2020 is an important year for politics in our country. Join us to learn more about what politics look locally, what voter activism looks like regionally, and the national voter engagement network that Bard is a part of! We will also be highlighting Bard’s student-run voter engagement initiative, Election@Bard!

LET’S PLAY SOME TENNIS!
4:30pm - 5:30pm • Meet at the Stevenson Tennis Courts with Coach Nesbitt • Register HERE
All levels of ability welcome. Equipment provided-please bring your own water bottle and face covering.

GET ENGAGED: VOTER REGISTRATION OFFICE HOUR
5:30pm - 6:30pm • Virtual • Join Zoom HERE
Election@Bard is once again doing an office hour to help you register to vote! Drop in and make sure you’re registered, locally or at your permanent address, well before any of the fall deadlines!
Zoom Meeting ID: 363 464 3317 Passcode: Bard2024

DISCOVER JEWISH LIFE AT BARD
5:00pm - 6:00pm • Ludlow Tent
Learn about Jewish life at Bard. Meet friends, bring us your ideas. No experience necessary - really. ALL are welcome!

BARD FITNESS AND NUTRITION Q&A
5:30pm - 6:30pm • Virtual • Join Zoom HERE
An open-ended conversation with any student that has questions about fitness and nutrition on campus. Any fitness or nutrition-related questions are also welcomed!

BARD BOOKWORMS
5:30pm • Virtual • Join Zoom HERE
A space to chat informally about books and reading. Calling all readers: The Bard Book Worms is a virtual space where people across the Bard network can come together to chat about books and reading. We meet weekly on Zoom to share what we’ve been reading, our reading likes and dislikes, and other related topics. All are welcome! To attend a meeting or join the Bard Book Worms online discussion group, email Alexa Murphy (amurphy@bard.edu).

DINNER
5:00pm - 7:00pm • Kline Dining Commons.

LANGUAGE & THINKING READINGS
See your instructor for location & time.
The L&T Reading is a long-standing Bard tradition where students and faculty gather to read their work and listen to the works of others.
THURSDAY NIGHT LIVE: PLAYLIST BINGO
7:00pm - 9:00pm • Virtual • Join Zoom HERE

Thursdays are when the weekends start at Bard! Tune into Thursday Night Live, test your knowledge about songs of all genres, and win prizes! There will be 5 rounds of Bingo and 5 chances to win a $40 Doordash gift card!

Meeting ID: 928 0674 9937 | Password: TNL2020

Friday, August 21

BREAKFAST
7:30am - 9am • Kline Dining Commons

LANGUAGE & THINKING WORKSHOP
9:00am - 10:30am

LIBRARY RESEARCH WORKSHOP: IMMIGRANTS@BARD
9am - 10:30am • Virtual • Check Involvio Resources for Zoom link

Join House Librarians for Immigrants@Bard, a collaborative library workshop aimed at introducing students to library research and resources in an experiential way. Tapping into Bard’s rich history of welcoming and supporting immigrants and refugees, students work in teams to research prominent immigrant artists, scientists, and intellectuals who have ties to the Bard community or curriculum. You’ll also get a chance to meet your Bard House librarian and find out more about what the library has to offer you during your time at Bard. All students are required to attend one Immigrants@Bard session during L&T. Students will receive information about their workshop schedule from their Language and Thinking Instructors.

LANGUAGE & THINKING WORKSHOP
11:00am - 12:30pm

LUNCH
12:00pm - 2:00pm • Kline Dining Commons

LANGUAGE & THINKING WORKSHOP
2:00pm - 4:00pm

DINNER
5:00pm - 7:00pm • Kline Dining Commons

MATH PLACEMENT HELP
5:30pm - 6:30pm • Virtual • Join Zoom HERE

Questions about the Math Diagnostic? Confused about what math course to take? Meet with Japheth Wood, Continuing Associate Professor of Mathematics, to answer your questions.

All incoming students are required to complete Bard’s online Math Placement Diagnostic. The diagnostic helps us assess which math and science courses are most appropriate for you to take at Bard. If you have not taken it yet, the diagnostic is available online: Math Placement Diagnostic

Zoom Meeting ID: 958 2660 7344 | Passcode: 341403

JACKBOX GAME NIGHT
6:00pm - 8:00pm • Virtual • Join Zoom HERE

Bored in the house and you are in the house bored? Come join our virtual Jackbox.tv Game Nights. Every other Friday, students will have the opportunity to join games from their phones and have a blast with friends. All you need is the link,
your phone, and a lot of competitive spirit.
**Zoom ID:** 996 6245 9409 | **Password:** 659182

**SHABBAT SERVICE AND DINNER**
6:30pm - 8:00pm • Ludlow Tent
*If you missed it last week, here’s another opportunity! Come at 6:30 for the whole thing, or at 7:30 if you just want to join us for dinner. All are warmly welcome – NO experience necessary!*

**TABATA FITNESS CLASS [Instructor Mary Beth Perfas]**
7:00pm - 8:00pm • Location: Stevenson Tennis Courts Register • [HERE](#)
30 minutes of high-intensity interval training designed to boost your fitness, rocket your energy levels, and get massive results in the shortest amount of time as possible. Each exercise interval lasts approximately 4 minutes. Work hard for 20 seconds, rest for 10 seconds, and complete 8 rounds of each exercise. Bring your own water bottle, towel and face covering.

**SAFE SPACE S’MORES**
8:00pm - 10:00pm • Meditation Garden
This event is a low-key, sober alternative to the party scene. In this socially distant event, students (with the help of upperclassmen facilitators) are invited to participate in activities that will allow them to get to know each other better in inclusive ways and share their thoughts in a safe space. Limited to 20. Pre-Registration required. The event takes place in the meditation garden by the bonfire. We will provide individually wrapped s’mores ingredients available for snacking. This is ideally a cell-phone-free event.

**“SIT IN” DOUBLE FEATURE MOVIE NIGHT**
8:00pm - 12:00am • Campus Center Quad Join Zoom [HERE](#)
*Bring your chairs, blankets, etc. and join us for a double feature movie night on the quad! In-person attendance is limited to 20 people. Snacks will be provided!*  
**Zoom ID:** 971 1753 3452 | **Password:** L&T2020

**FILM: Parasite**
8:00pm - 10:20pm • Check Involvio for details
*Greed and class discrimination threaten the newly formed symbiotic relationship between the wealthy Park family and the destitute Kim clan.*

**FILM: Birds of Prey**
10:30pm - 12:30am • Check Involvio for details
*After splitting with the Joker, Harley Quinn joins superheroes Black Canary, Huntress and Renee Montoya to save a young girl from an evil crime lord.*

***Week Three of the L&T Schedule will be released by Thursday, August 20, and will be available online and on Involvio. ***