



Natural LIFEMANSHIP

Walk with us

NLI Spring 2025 Schedule	FOUNDATION Students	CORE Students Group A Meetings: Tues 10-11:30am	CORE Students Group B Meetings: Thur 3:30-5pm
Week 0 (Mar 24-30)	*ORIENTATION MEETING (Tuesday, Mar 25; 5:30-6:30pm CDT) - Mandatory ALL Students		
Week 1 (Mar 31-Apr 6)	-	Meeting 1	Meeting 1
OFF Week (Apr 7-13) - NL Conference			
Week 2 (Apr 14-20)	Option to Attend Office Hours	Video Assignment 1 DUE Option to Attend Office Hours	Video Assignment 1 DUE Option to Attend Office Hours
Week 3 (Apr 21-27)	-	Meeting 2 Partner video feedback	Meeting 2 Partner video feedback
Week 4 (Apr 28-May 4)	-	-	-
Week 5 (May 5-11)	-	Meeting 3	Meeting 3
Week 6 (May 12-18)	Option to Attend Office Hours	Option to Attend Office Hours	Option to Attend Office Hours
Week 7 (May 19-25)	-	Meeting 4 Video Assignment 2 DUE	Meeting 4 Video Assignment 2 DUE
Week 8 (May 26-Jun 1)	-	Instructor video feedback	Instructor video feedback
Week 9 (Jun 2-8)	-	Meeting 5 Instructor video feedback	Meeting 5 Instructor video feedback
Week 10 (Jun 9-15)	-	-	-
Week 11 (Jun 16-22)	-	Meeting 6	Meeting 6
Week 12 (Jun 23-29)	Option to Attend Office Hours	Option to Attend Office Hours	Option to Attend Office Hours
Week 13 (Jun 30-Jul 6)	-	Meeting 7 Video Assignment 3 DUE	Meeting 7 Video Assignment 3 DUE
Week 14 (Jul 7-13)	-	Instructor video feedback	Instructor video feedback
Week 15 (Jul 14-18)	-	Meeting 8 Instructor video feedback	Meeting 8 Instructor video feedback
Final Steps	<i>Please allow up to two weeks for final video consultations to be completed.</i>		
<i>NOTE: Orientation and Core meetings are mandatory (*). Office hours are optional. All office hours are open to all students from either group.</i>			
<i>Foundations students may attend any office hours but will not attend Core meetings or have access to Core meeting recordings.</i>			
<i>Video assignments are due by the end of the designated week. Video feedback must be scheduled and completed within 2 weeks of the assignment due date.</i>			