



**Lewis
Institute**



Lewis Institute Sample Schedule

Day 1: Wednesday

- Participants arrive: 2 p.m.
- General Session: 4-5:10 p.m.
- Dinner: 5:30 p.m.
- General Session: 6:30-7:35 p.m.
- Small Group Session: 7:45-9:30 p.m.

Day 2: Thursday

- Breakfast: 8 a.m.
- Small Group Session: 9-11:30 a.m.
- Lunch: 12:30 p.m.
- General Session: 1:15-2:15 p.m.
- General Session: 2:45-4:15 p.m.
- Dinner: 5:30 p.m.
- Small Group Session: 7-8 p.m.
- Small Group Session: 8:10-9 p.m.

Day 3: Friday

- Breakfast: 8 a.m.
- General Session: 9-10:30 a.m.
- Small Group Session: 10:45-11:55am
- Lunch: 12:30 p.m.
- General Session: 1:30-2:30 p.m.
- General Session: 2:50-4 p.m.
- Dinner: 5 p.m.
- General Session: 6-8:30 p.m.
- Small Group Session: 8:45-10:05 p.m.

Day 4: Saturday

- Breakfast: 8 a.m.
- Small Group Session: 9-9:50 a.m.
- General Session: 10:10-11:40 a.m.
- Lunch: 12:30 p.m.



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- General Session: 1:15-4:45 p.m.
- Dinner: 5:30 p.m.
- Sisterhood Event: 6:30-9:00pm

Day 5: Sunday

- Breakfast: 8 a.m.
- Small Group Session: 9-10:15 a.m.
- Closing & Graduation: 10:20-11 a.m.
- Bus Departs for Airport: 11:30 a.m.



Lewis Institute Suggested Packing List

BEDDING

- Twin XL sized sheets, pillow blankets for use in a residence hall room

BATH LINENS

- Towel, washcloth for use in a residence hall bathroom

TOILETRIES AND PERSONAL ITEMS

- Soap, shampoo, shower shoes, sunscreen, toothbrush, toothpaste, etc.
- Hand soap for residence hall bathroom
- Medication or personal items (prescribed medication, tampons/feminine napkins, preferred pain relief, allergy pill, etc.)
- Water bottle to fill up throughout the Institute

CLOTHING

- For daily activities: bring comfortable, casual clothes such as shorts, jeans, and T-shirts
- Sweatshirt/Jacket
- Comfortable shoes for walking or tennis shoes
- Graduation Ceremony outfit: bring a dress, blouse, or skirt/dress pants for the graduation ceremony on the final day
- Delta Gamma badge
- Raincoat or umbrella if weather conditions indicate rain in the forecast

OTHER ITEMS

- Please print your CliftonStrengths Top Five Report and bring to the Institute. You should have received an email in mid-May with full instructions for completing the CliftonStrengths assessment along with an access code. If you did not receive this email, please contact us at dgevents@deltagamma.org
- You will be provided with a workbook and pen. Please plan to bring any other items you need to listen, learn, write, and discuss topics effectively in an interactive environment