

## Welcome to Your 21-Day Activation Journey!

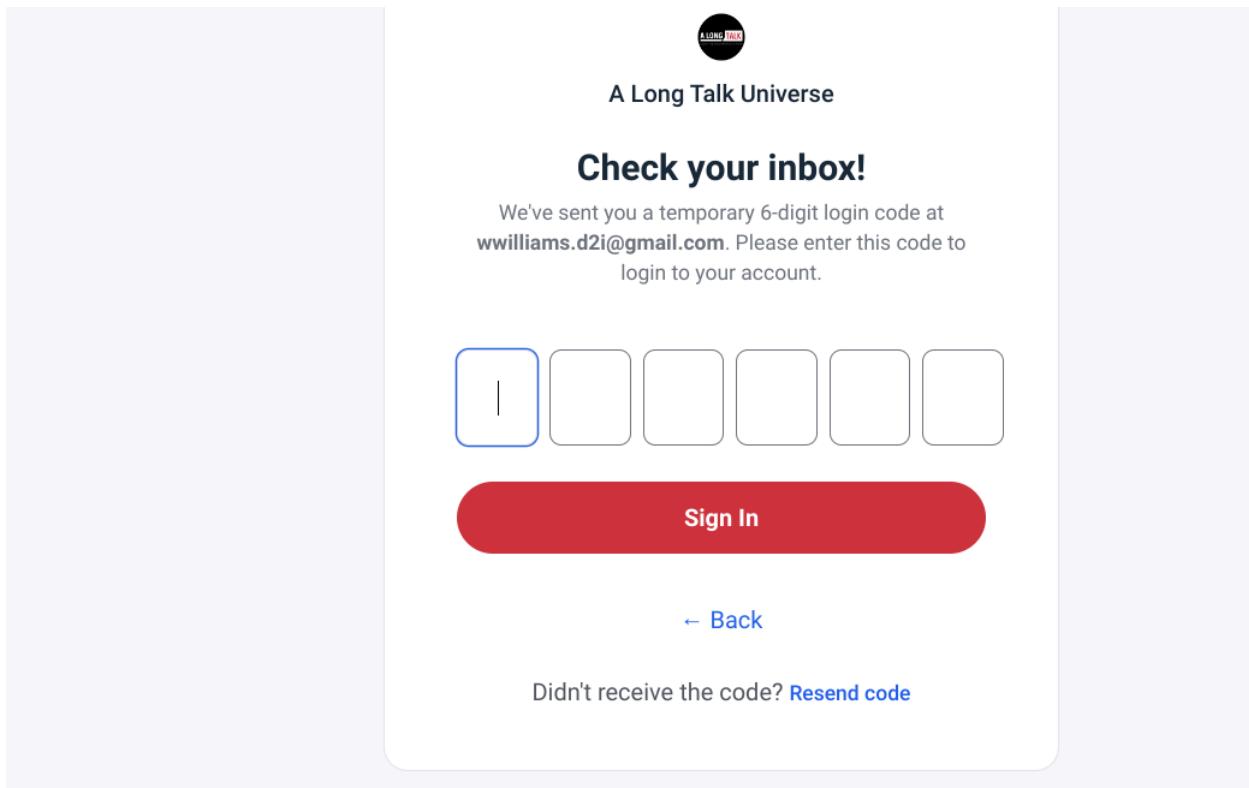
This guide will help you get started with your course setup and provide next steps for a successful experience.

### Step 1: Register and Set Up Your Login

1. **Go to the Registration Link:** <https://www.videoask.com/f3u2rtiuy>
2. **Create Your Username and Password:** Follow the prompts to set up your account.

### Step 2: Check Your Email for Access

- You will receive a temporary login code. Use this code to log in to the A Long Talk Universe platform.



### Step 3: Begin Your Course

Once logged in, navigate to the **Courses** tab.

Click on **My Courses** and select **21 Days with “Your Course Name”**



## Courses

All courses

My courses

**A LONG TALK**  
ABOUT THE UNCOMFORTABLE TRUTH

**21 Days with Community Conversation #69**  
A LONG TALK CLASSROOMS

0% Complete

Secret space

Press the red **Start Course** button to begin.

**Welcome, Ashley.**

**Start course**

### Course progress

Completed 0 of 26 lessons

0%

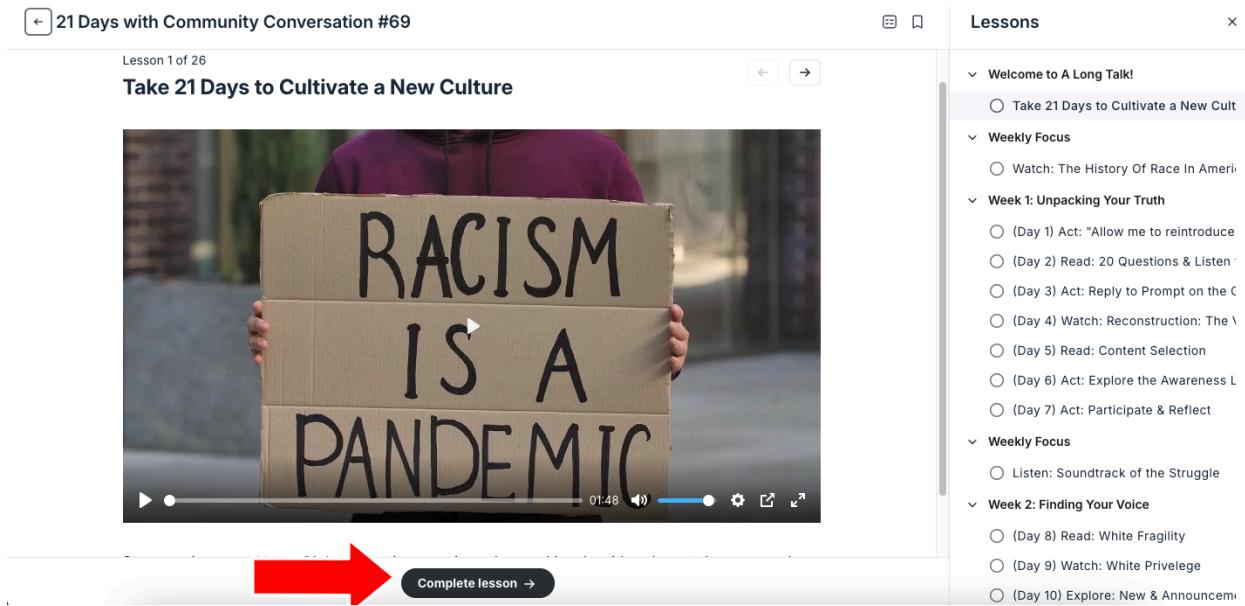
### Course content

7 sections • 26 lessons • 5 min

[Collapse all sections](#)

## Step 4: Complete Your First Lesson

- Watch the Introductory video (Lesson 1).
- Click **Complete Lesson** at the bottom of each lesson to log your progress.



The screenshot shows a digital interface for a course titled "21 Days with Community Conversation #69". The main content area displays a video titled "Lesson 1 of 26" with the subtitle "Take 21 Days to Cultivate a New Culture". The video frame shows a person holding a protest sign that reads "RACISM IS A PANDEMIC". Below the video are standard player controls. To the right of the video is a sidebar titled "Lessons" which lists the course structure. A red arrow points to the "Complete lesson" button at the bottom of the sidebar, which is part of a larger button labeled "Complete lesson →".

- Welcome to A Long Talk!
  - Take 21 Days to Cultivate a New Cult
- Weekly Focus
  - Watch: The History Of Race In Ameri
- Week 1: Unpacking Your Truth
  - (Day 1) Act: "Allow me to reintroduce
  - (Day 2) Read: 20 Questions & Listen
  - (Day 3) Act: Reply to Prompt on the C
  - (Day 4) Watch: Reconstruction: The V
  - (Day 5) Read: Content Selection
  - (Day 6) Act: Explore the Awareness L
  - (Day 7) Act: Participate & Reflect
- Weekly Focus
  - Listen: Soundtrack of the Struggle
- Week 2: Finding Your Voice
  - (Day 8) Read: White Fragility
  - (Day 9) Watch: White Privilege
  - (Day 10) Explore: New & Announceme

## Step 5: Engage with Core Lessons

Within the first week, watch the foundational video: **"History of Race in America"** (80 minutes). This video must be completed as a prerequisite before attending the first session

Watch: The History Of Race In America



This is the foundational pillar of the A Long Talk experience. By watching this 80 minute video and [submitting a response](#), you will have completed the minimum prerequisite necessary to join the conversation. Watch this video when time permits at some point during your first 7 days, being sure to watch it before our first session together.

[Complete lesson →](#)

- ▼ Welcome to A Long Talk!
  - Take 21 Days to Cultivate a New Culture
- ▼ Weekly Focus
  - Watch: The History Of Race In America
- ▼ Week 1: Unpacking Your Truth
  - (Day 1) Act: "Allow me to reintroduce"
  - (Day 2) Read: 20 Questions & Listen
  - (Day 3) Act: Reply to Prompt on the Conversation
  - (Day 4) Watch: Reconstruction: The History of Race in America
  - (Day 5) Read: Content Selection
  - (Day 6) Act: Explore the Awareness Lenses
  - (Day 7) Act: Participate & Reflect
- ▼ Weekly Focus
  - Listen: Soundtrack of the Struggle
- ▼ Week 2: Finding Your Voice
  - (Day 8) Read: White Fragility
  - (Day 9) Watch: White Privilege
  - (Day 10) Explore: New & Announcements
  - (Day 11) Listen: The Southern Strategy
  - (Day 12) Read: Geographic selection

When you finish the video, Click the blue “[submitting a response](#)” link. Use the response form to submit your response **BEFORE** the first session.

**A LONG TALK**

**Response Form**

Use this form to respond to pre/post work materials.

info@alongtalk.com [Switch account](#) 

\* Indicates required question

Email \*

## Support and Community Engagement

Access additional resources, discussions, and peer support in the ALT Universe platform.

Together, let's activate your anti-racism journey! If you encounter issues, please contact your course moderator or reach out to [info@alongtalk.com](mailto:info@alongtalk.com).