

## Welcome to Your 21-Day Activation Journey!

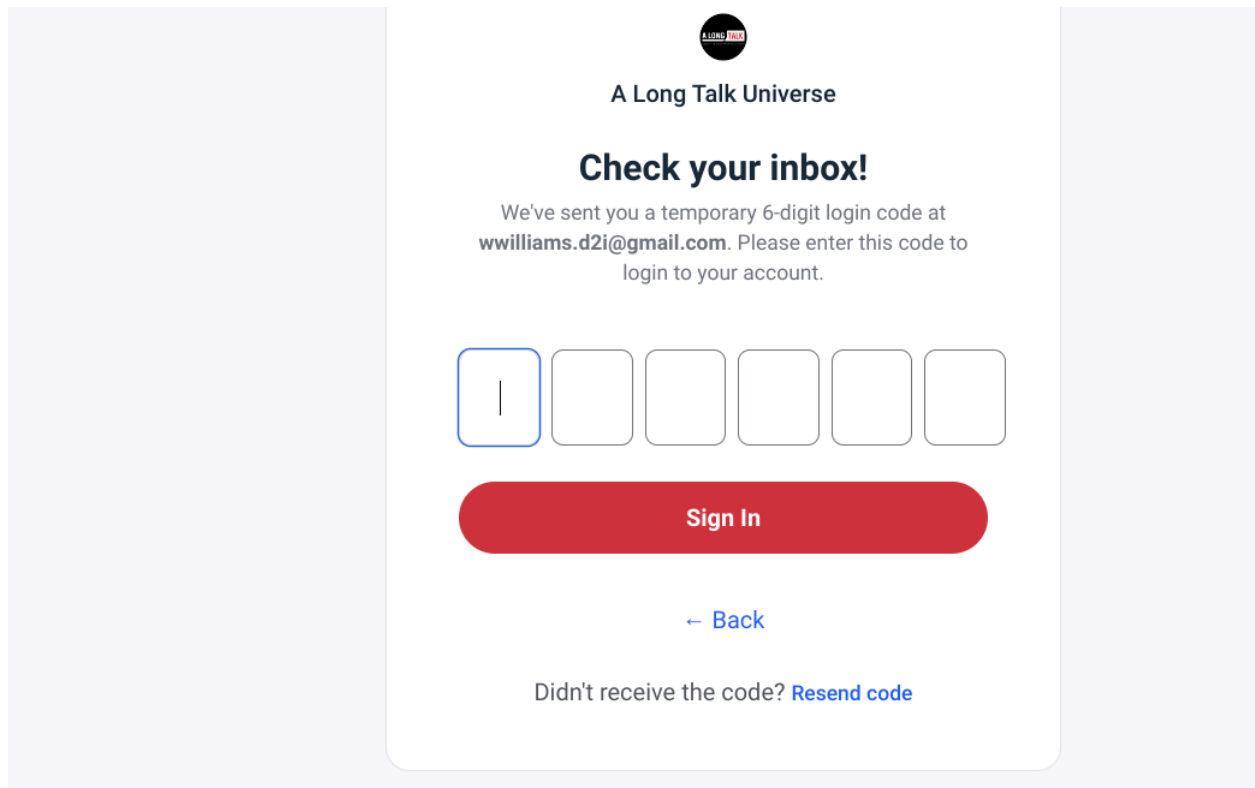
This guide will help you get started with your course setup and provide next steps for a successful experience.

### 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.



The image shows a login interface for 'A Long Talk Universe'. At the top is a circular logo with the text 'A LONG TALK' and 'UNIVERSE' below it. The heading 'Check your inbox!' is centered, followed by a message: 'We've sent you a temporary 6-digit login code at **wwilliams.d2i@gmail.com**. Please enter this code to login to your account.' Below this is a row of six input boxes for a 6-digit code; the first box contains a vertical line. A red rounded button labeled 'Sign In' is positioned below the input boxes. At the bottom, there is a blue link '← Back' and a text prompt 'Didn't receive the code?' followed by a blue link 'Resend code'.

### 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



### 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.

← 21 Days with Community Conversation #69

Lesson 1 of 26

Take 21 Days to Cultivate a New Culture

RACISM IS A PANDEMIC

01:48

Complete lesson →

**Lessons**

- ✓ 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 \
  - ☐ (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 Privelege
  - ☐ (Day 10) Explore: New & Announcem

#### 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 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 '
  - ☐ (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 & Announcem
  - ☐ (Day 11) Listen: The Southern Strateg
  - ☐ (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).