

Northwestern University

National High School Institute



Debate

Summer Information Packet

Northwestern
NATIONAL HIGH SCHOOL INSTITUTE

617 Noyes Street
Evanston, IL 60208-4165

Phone (847) 491-3026
nhsi@northwestern.edu
nhsi.northwestern.edu



2025 Debate Division
Cherubs National High School Institute
Northwestern University

Dear Incoming NHSI Class of 2025,

Congratulations and welcome to the Cherubs! We are thrilled that you have accepted our offer to join the Northwestern Debate Institute, Class of 2025. Your application was selected with great care, and we are overjoyed to welcome you into this year's program; an experience that we hope will live well beyond your time with us this summer.

The National High School Institute summer program (CHERUBS) dates back to 1931, and boasts an alumni network well into the thousands (over 30,000 by last count). This truly is a program built on the transformative experience of students, in multiple disciplines, from all corners of the globe, coming together to learn new skills and create bonds that will last a lifetime. We are so happy that you will be apart of this once-in-a-lifetime summer!

In this packet you will find many answers to questions you may have right now. Please read everything very carefully and do not hesitate to contact our office directly if you have any additional questions or concerns as they arise. We are here to help, and we look forward to getting to know you.

I look forward to meeting you all in person very soon, and most importantly, I cannot wait for you to meet the NHSI faculty and your fellow Cherubs.

I hope you have a wonderful rest of your school year, and I'll see you at Northwestern this summer.

All the best,

A handwritten signature in cursive script that reads "Jennifer Avery".

Jennifer Avery NHSI Director
Northwestern University

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2025 NHSI Hybrid Debate Institute Information Packet

Please review this document carefully, as it is your guide to the summer. Any unexpected updates to the information in this packet will be communicated via email. *Parents/guardians and students are responsible for reading and understanding all of the information in this document.*



Contact Information NHSI Main Office

Phone: (847) 491-3026

Email: nhsi@northwestern.edu

Regular Office Hours: Monday – Friday,
9 am – 5pm, CST (Central Standard Time)

NHSI Director

Jennifer Avery

NHSI Program Assistants

Corrine Glanville

Samantha Kingzette

Debate Staff

Debate Institute Director

Daniel J. Fitzmier

Debate Residence Hall Director

Squid Monteith

Assistant Institute Director for Curriculum

Nikola (Nik) Stamenković Diez

Institute Dates

The dates for the 2025 Northwestern Debate Institute are as follows:

4-week Program: Sunday, June 29th – Saturday, July 26th

6-week Program: Sunday, June 29th – Saturday, August 9th

Hybrid Format Schedule:

Online: June 29th – July 11th (Weeks 1 & 2)

On Campus: July 12th – July 26th (Weeks 3 & 4)

Online: July 28th – August 9th (Weeks 5 & 6)

Note: There will be no synchronous programming on July 4th

ONLINE: Weeks 1 & 2

June 29 – July 11, 2025

The 2024 Hybrid Institute will begin online, allowing students to become acclimated to the curriculum and format of the institute. The Technology Requirements for the online portion of the Institute can be found below.

Technology Requirements

To aid our students in online learning, the NHSI has established certain minimum technology requirements for participation in the online portions of the Debate Institute. These requirements are in place to ensure that everyone can have a smooth and effective institute experience, and to minimize the amount of time during the institute devoted to technological troubleshooting. *Importantly, your registration for the Institute requires your agreement to procure the necessary technology to meet the minimum standards. The NHSI cannot provide tech nor offer tuition refunds in the event that the state of a student's technology makes their participation in the Institute infeasible. Please reach out to the NHSI immediately via email at nhsi@northwestern.edu if you have any questions or concerns regarding these technology standards.*

Minimum technology requirements include:

- High speed/broadband internet access
- A laptop computer with a webcam and microphone (ideally built-in, but external webcams and microphones will also suffice). *Chromebooks and Tablets such as iPads are not sufficient, as they do not enable the use of the full-featured versions of Microsoft Office products. Phones are also insufficient, as they lack the feature set that we will need for the institute.*
- Microsoft Word, necessary for viewing and editing debate files (we can assist with this as long as the student has a laptop that they can download the software onto)
- A quiet place at home from which to deliver practice debate speeches

Suggested* additional technology includes:

- Ethernet connectivity to a high-speed internet router, usually requiring an ethernet-to-USB adapter for the student's computer
- A backup method of recording speeches, such as the Voice Memos app for iPhone, or Audacity for the PC
- Over-the-ear headset. Headphones such as AirPods are sub-optimal for debate, even an inexpensive headset is a large upgrade
- A TableTote or other telescoping podium on which to deliver speeches
- An external monitor, to enable simultaneously viewing multiple programs during debates
- Verbatim software, which you will be asked to do at the beginning of camp if you don't already have it. Verbatim is a program that makes using Microsoft Word more debate friendly. Download here: <https://paperlessdebate.com/verbatim/>

**Items in the "suggested" list optimize the online institute experience but are not required for participation.*

Canvas

Canvas is the site where curriculum materials will be housed, and information communicated. This is also where you will find your virtual classroom Zoom links. Please plan to keep an eye on your inbox/spam/junk folder in June, as an invitation will be emailed to join the class. This will come from Canvas directly, not our office. Your NetID will allow you to sign into the network for online classes, as well as access the online University library resources.

Check-In for First Day (all times listed are Central Daylight Time)

All remote programming takes place in Central Time, and students are expected to attend synchronously. The first day of the NHSI Debate Institute is June 29th for all students, which will take place online. As the first day approaches, you will receive an email with an invitation to join Canvas, Northwestern's online course software. You will need to accept that invitation to access the course content, zoom links, and more.

Programming will begin at 9:00 AM Central Time. If unforeseen circumstances arise and you decide at the last minute not to attend the Institute or you are unable to login at the top of the first day, please be sure to email the NHSI Office at nhsi@northwestern.edu to explain the situation.



Online Daily Arrival

Please be on time for your morning labs. Morning labs begin promptly at 9:00 AM Central Time. If you cannot attend the Institute on any given day due to illness or other unforeseen circumstances, please be sure to notify your lab instructor.

If you know ahead of time that you will be unable to attend labs on a given day, please follow the instructions listed in the next section.

Absences During Scheduled Online Programming

Absences from classes are strongly discouraged. If you know you will need to miss a day of curriculum for any reason, please get in contact with our office. Absences during the program are only allowed with prior written parental permission and approval from the Debate Institute Staff.

At least **48 hours before** a student will miss class, the student's parent/guardian must email the NHSI Office(nhsi@northwestern.edu) giving permission for their student to miss programming.

Parent/guardian emails should include:

- Students' Name and Division (Debate)
- Date & Time the student will be absent, and when they will be able to resume programming.
- Context for the absence

The Division Director and the lab coach must approve all student absences.



Religious Observances

Students will receive their detailed schedules in the first few days of the institute; however, students can expect programming nearly every single day. It is the responsibility of the parent/guardian to notify the NHSI in writing of any religious holidays or observances that may prohibit their student from participating in programming as scheduled, prior to the first day. Students will not be penalized because of religious observances, and NHSI faculty will be happy to make appropriate accommodations. The parent/guardian should provide information about the obligations entailed in the observance of the relevant day/timeframe (such as not working, fasting, not riding in a vehicle, etc.) to ensure we are able to make accommodations both online and on campus.

On Campus: Weeks 3 & 4

July 12 – July 26, 2025

On Campus Check-In (all time listings are Central Daylight Time)

The residence halls will be **open starting at 9:00 am** on arrival day, July 12th. **All students should plan to arrive at the residence halls no later than 2:00 pm.** If you must miss any online programming on July 11th in order to travel to campus by 2:00pm on July 12th, or if you will need to arrive after 2:00pm due to travel constraints, please let us know asap in an email to nhsi@northwestern.edu.

If unforeseen circumstances arise and you are forced to arrive after 2:00 pm on arrival day, please be sure to call the Debate Cherub Hotline to explain the situation; that number will be provided prior to arrival day. The residential staff are responsible for your safety and well-being and must remain on duty until they have accounted for all students in their division.

Residence Hall & Boarding Info

Debate Cherubs will be housed in [1838 Chicago Ave Hall](#) for this summer. **Do Not Send Mail to The Residence Hall. Please See Page 9 For Mail and Delivery Information.** Rooms are double occupancy with community style restrooms. Students will be assigned a roommate based on their responses to the [Roommate Survey](#), and will receive their room assignments at check in.

If you would like to request a specific roommate, both students must request to room with each other on the roommate survey. While we cannot make guarantees, we will do our best to honor all room requests submitted by May 23rd. Requests submitted after May 23rd may not be reviewed.

Students should bring their own toiletries, washcloths and towels, as well as blanket(s), pillow, and linens for a **twin extra-long bed**. The residence halls are well air-conditioned. The rooms are well furnished with a bed frame, mattress, desk and chair, and wardrobe with drawers and mirror. We urge Institute participants to bring a **minimum** of personal furnishings. A packing list is included at the end of this packet.

Laundry

Linen service is not provided, but laundry units are available to students in their residence halls free of charge. Students will need their own laundry detergent. Laundry detergent can be purchased in downtown Evanston or elsewhere on campus. Quarters will not be necessary.

Identification

- **NHSI ID:** At check-in, students will be issued a National High School Institute ID card for the purpose of identification.
- **Conference Card:** Students are issued a conference card to gain entry to the residence halls and the dining halls for meals, which must always be kept on your person. *If your conference card is lost, there will be a [\\$25 fee to get a replacement card](#).*
- **Photo ID:** A photo ID is required for use of some University facilities. Please bring a school ID, driver's license, or other ID with a current photo on it.



Meals

The first meal will be dinner on the day of arrival, the time to be provided upon check-in. The final meal will be breakfast on the departure day. Specific mealtimes during the program will be confirmed at your first Institute meeting on campus.

The dining hall has a station free of the top 9 allergens, and there are dining options for vegan and vegetarian students at every meal. However, Dining Services at NU are limited in what additional accommodations they can offer during the summer. **You should note all food allergies and/or dietary restrictions in both the Health Form and the Dietary Needs form. If you keep kosher or consider yourself/your student to have significant dietary restrictions, please contact our office to discuss dining options before arrival.**

Clothing Requirements

Dress on Zoom and on campus is casual, but please no pajamas. Formal wear is not required for debate rounds. For campus, bring layers—sweaters/sweatshirts, etc., as Chicago weather can be unseasonably cool, and the residence halls can be chilly with the A/C. Raincoats and/or umbrellas are strongly advised as it usually rains at least a few days each year. While safety is paramount, rain alone will not normally be sufficient to cancel a lab meeting.

Faculty & Staff

NHSI instructors and resident assistance have been selected with great care. They are friendly, energetic, experienced, and responsible. They will be supervisors of residence hall life and all social functions. All are disciplined, enthusiastic teachers, and each is dedicated to the success of your summer, as well as the success of your 2025-2026 debate season.

Cell Phones

You are required to give a reliable cell phone number to the NHSI Institute as a safety precaution and bring that cell phone with you to campus for the in-person portion. Please be aware that cell phones should only be used during non-academic times. Use of cell phones is discouraged in all classrooms during all curricular activities, both virtual and in-person.

Emergency

In the event of an **EMERGENCY**, please call the NHSI central office (847) 491-3026. The office is open Monday through Friday, 9:00 AM-5:00 PM, Central Daylight Time.

If an **EMERGENCY** occurs during the on-campus portion of the Institute at a time that the NHSI office is closed, parents should call the Debate Division office (that number will be provided at check-in).

Recreation

While free time is limited, you may have time to use Northwestern's recreational or workout facilities. Costs for all of these recreational facilities are extra and are not included in the tuition amount. Visit [NU Recreation](#) for more information.

There are jogging paths along the lake and across campus; students can use them free of charge. Do not bring bicycles.



Health Information & Service

You are required to submit a standard health record via an online form. Please be sure to answer all questions honestly, as it is crucial for us to have a complete picture of your students' health. We cannot adequately care for your student without all the information available to you.

Northwestern Medicine Immediate Care Evanston Clinic provides medical services for NHSI students. The contact number there is (312) 694-2273, and they are located at 1704 Maple Ave Suite 100, Evanston, IL 60201.

Services are not covered in tuition, and it will be the responsibility of the parent/guardian to pay for any charges due at the medical visit. Students must always carry their health insurance card and a method of payment on their person, and should be prepared to contact your own medical personnel, if necessary. Any hospitalization or Emergency Room visits during the Institute are also the responsibility of the parent/guardian.

Prescriptions & Routine Care

Please list all prescribed medications on the health form. Students are responsible for the safekeeping and administration of their own medications. Northwestern Medicine does not include a pharmacy where prescriptions can be filled/re-filled. It is suggested students use the CVS in downtown Evanston if they need a prescription filled over the summer or any over-the-counter medications/vitamins.

If a medical professional is required to administer the student's medication (e.g. allergy shots) or other routine care while they are on campus, the **parents/guardians must make the necessary arrangements with a local clinic and note this on the student's health form.** An NHSI staff member will arrange transportation and accompany the student to and from their appointment.

Mental Health Support at The Family Institute

NHSI partners with The Family Institute on the NU campus to offer one free counseling session to students in need of mental-health support during the NHSI programming. For over 10 years, we have worked with staff therapist Chaaze Roberts, who specializes in treating young adults. You can find out more about Chaaze at this link: <https://www.family-institute.org/therapists-locations/staff/chaaze-roberts>

If your student requests a counseling session or a staff/faculty member at the Institute suggests it might be helpful for your student, NHSI Director Jennifer Avery will reach out to parents to talk about and schedule an appointment with the Family Institute. If, after the initial appointment, the student and therapist conclude that regular appointments are necessary, the student's parent/guardian will be contacted and billed for all subsequent appointments.

Students who have their own regular therapist may schedule appointments during the summer if they do not interfere with Institute programming.

Health Related Absences

If, while attending the NHSI, a student is experiencing a medical, psychological, or other health-related concern that exceeds the NHSI's ability to ensure their safety – or the safety of other NHSI students or staff – the student's caregiver(s) will be notified and will need to arrange for an adult to take over care and check the student out of the program within 24 hours. Any instance in which a student is absent for more than 4 days of programming (health related or otherwise) will result in the student's withdrawal from the Institute with no refund.



Money Matters

Charges for lost keys, fines, damages, missing library books, and past-due tuition balances will be billed to you through your Northwestern account.

Additional spending money that you bring is within the discretion of you and your parents. The activities of the Institute do not necessitate the expenditure of any money. Transportation and admission for the field trip are all provided. Discretionary spending money is needed for eating in downtown Evanston, shopping, the occasional movie trip, and other entertainment options.

The residence halls do not provide banking service. Northwestern University and most local businesses will not cash personal checks. There are several US Bank ATMs located on campus where you will be able to obtain cash. You may want to check with your personal bank to confirm where ATM's will be available for your use. Parents are advised not to send cash in the mail, as we cannot be responsible for it.

Mail & Deliveries

All student mail must be addressed to the NHSI Main Office in order to be received by your student:

**Student Name
NHSI Debate Division
Northwestern University
617 Noyes Street
Evanston, IL 60208**

Do NOT address mail directly to the residence hall address. Mail is delivered from the NHSI Office to the residence halls by NHSI staff in the afternoon/evening Monday-Friday.

NHSI cannot take responsibility for mail arriving before or after session dates. You may **not** send boxes or packages to arrive before you do. **Mail/packages/shipments arriving prior to your arrival will be refused and returned to sender.** Please set a reminder to update your shipping addresses before the end of the program. Any packages received after July 26th will be donated.

The following guidelines will ensure mail is delivered to your student:

- Do not send anything to the residence hall in which your student is staying because it will not reach them. **All mail/delivery services should use the NHSI address above, and ONLY that address**
- We do not accept packages on weekends or July 4th.
- For time-sensitive deliveries arriving on weekdays, FedEx is the fastest way to deliver packages.
- USPS mail (and often UPS and Amazon mail) is first delivered to the University Mail Center, sorted, and brought to our office the following day. For this reason, the carrier may mark the package as "delivered" before it has arrived at our office. *Please allow an additional 1-2 business days for delivery to your student once it is marked as "delivered" by the carrier.*
- Amazon: when entering the NHSI as a new shipping address, be sure to check that this address is closed for Saturday and Sunday delivery. **Amazon tends to leave packages after hours despite our best efforts. We cannot be responsible for packages left on our porch after hours.**

Birthday Deliveries

We are happy to coordinate birthday deliveries such as cake/desserts, balloons, etc. Please ensure these deliveries are sent to the office as outlined above. For sweet treats, we recommend Bennison's Bakery, a local bake shop that is familiar with our address:

Bennison's Bakery: <https://bennisonscakes.bakesmart.com/>

Phone: (847) 328-9434

Student Check Out/In and Departure Requests

Student Check Out/In

During mealtimes, free elective periods, or other down time, students may check out with Residence Hall staff to walk to any of the shops, restaurants, etc. in downtown Evanston provided they check out with at least one Cherub buddy and keep a cell phone on their persons in case they need to be reached in an emergency. **Students may not leave the city limits of Evanston or ride in a vehicle of any kind while checked out with a buddy.** Students must check back in before scheduled programming or curfew. More details for this checkout process will be discussed during orientation. No formal departure requests are required for this process.

Relatives & Visitors

If you wish to visit friends or relatives in or near Chicago, it is best to do so before and/or after the Institute. Time permitting, you may have friends or relatives visit you while you are at the Theatre Arts Institute, however, **guests are not allowed in residence hall rooms outside of move-in/move-out days.**

Due to the large Institute population, it is not possible to entertain visitors for meals in the dining hall. You may elect to have occasional meals with your family or other visitors in Evanston at any of the local restaurants. Visits with parents, relatives, or friends must not interfere with Institute activities. **Residence hall curfews still apply for students visiting relatives.** If students are spending time with anyone not in the program, their parent/guardian must submit a **Student Departure Request** via email, stating that the student has permission to be with the relative/visitor during the specified time—**this includes the parent/guardian.**

Student Departure Request:

The student's **parent/guardian** must email the NHSI Office (nhsi@northwestern.edu) 48+ hours in advance, granting permission for their student to leave campus. **Any requests received less than 48 hours from the requested departure may not be approved, including requests received on a Friday for the upcoming weekend, unless it is an emergency.**

Please refer to the email template sent along with this packet. The email must include:

- Student's name and Division (Debate)
- Name of person checking the student out and their relationship to the student
 - *Must be an adult (21+), students will not be released to other minor persons*
- Date & time of student departure
- Date & time of student return
- Mode of transportation student will be taking – **we must receive explicit written permission from the parent/guardian for a student to ride in a vehicle of any kind, even if the parent is the one picking up the student.**
- Destination & Purpose of absence

All student departure requests must be approved by the division leadership. Parents/guardians and students will be notified of their departure *approval* or *denial* via email.

Absences during Scheduled Programing on Campus

Absences from scheduled activities are **strongly discouraged**. If your student needs to depart from campus for any reason and will miss curriculum or curfew, we must be provided context. Absences during the program are only allowed with prior written parental permission via a **Student Departure Request**. *Students will not be released to other minor persons under any circumstances.*

Mandatory Supplies

Everyone MUST bring a laptop computer that has some version of Microsoft Word on it. The NHSI and Northwestern University will not be responsible for them. All access to our wireless systems must comply with the Northwestern University network policies. Students will use their NetIDs to access campus Wi-Fi. **Any violation of the NU Network policies, such as illegal downloading of copyrighted material like torrenting music or video, will result in the suspension of the student's Net ID and loss of internet privileges. Laptop maintenance/tech support is the responsibility of students.**

The NHSI will teach students paperless debating. The Institute includes full instructions on using this platform for anyone unfamiliar.

All supplies outside of a laptop are at the choice of the student, but we highly recommend bringing the following: *a laptop stand, an extension cord and power strip, a USB/flash drive, flow paper, pens, and a timer.*

We recommend obtaining these items for the online portion and then bringing these items with you to campus. You may be able to purchase some supplies at the campus bookstore or at CVS over the course of the Institute.

Curriculum

There is a detailed daily schedule on page 14 of this packet. This institute is meant to provide students with a foundation in Policy-Style Debate, and prepare them for the 2025-2026 Debate Tournament Season if they plan to compete. Therefore, the topic for our institute is the same as the National High School Policy Debate Tournament: *“Resolved: The United States federal government should significantly increase its exploration and/or development of the Arctic.”* The bulk of the curriculum will revolve around this topic.

However, any given week of the institute may include programming such as:

- Longer, prepared topic and skill lectures by Institute Faculty members
- “Mini-lectures” on topics guided by student requests and needs
- Full-length practice debates with feedback
- One-on-one debate speech “redo” sessions with instructors
- Guided topic research
- A variety of other activities and skills practice within lab groups, including small group work and student led discussions on topics of their interest
- And, of course, fun!

Conclusion of On-Campus Programming

There is a mock debate tournament during the final days of the fourth week that all students participate in. The final lecture and ceremonies for the on-campus portion will be held on the last Friday that students are in Evanston, July 25th. There will be a celebration to follow that evening.

Departure (Times Listed are in Central Standard Time Zone.)

Students should be prepared to check out and depart the Institute on Saturday, July 26th. Students MUST vacate the residence hall by **Noon on Saturday July 26th**. Students can also check out on the evening of Friday, July 25th after the closing ceremonies if arranged in advance with the Institute staff.



Packing Check List for Living on Campus

Remember, we cannot accept packages for students before they arrive on campus; **any packages received prior to Monday, July 14th will be returned to sender.** If you are looking to pare down your luggage for your trip to campus, we suggest waiting to purchase some basics (e.g. shampoo/ conditioner, laundry detergent, non-perishable snacks, notebooks, pens/pencils, etc.) at the nearby CVS or Target.

Alternatively, you could consider packing all the essentials for your first week and having your parent/guardian ship additional clothing, shoes, etc. to be delivered after you have arrived on campus.

Please make sure that anything valuable is marked or labeled with student's name. It is also a good idea to have labels in clothing.

Required

- Pillow, sheets, and blanket (*Twin Extra Long mattress*)
- Washcloth, towels, and toiletries
- A collection of casual wear for hot and cool weather
- At least one semi-formal outfit
- Laundry detergent
- Sweatshirt(s) or light jacket
- Raincoat and/or umbrella
- Laptop
- A supply of N95/KN95 masks
- Phone charger



Suggested

- Classroom supplies:
 - Notebook
 - Pens/pencils
 - Laptop Stand
 - Extension cord & power strip
 - Flow paper
 - Timer
 - USB/Flash drive and/or external hard drive that works across Mac and PC formats
- Reusable water bottle
- Shower shoes (such as plastic/foam flip flops)
- Hairdryer/hair care tools (curling irons and clothing irons are allowed)
- Clothing hangers
- A swimsuit and towel for the beach
- Sunscreen
- Bug spray
- Mini Refrigerator (if you have dietary/medical needs)

The following are NOT allowed in Northwestern's Residence Halls

- Popcorn poppers
- Televisions
- Hot plates
- Tea kettles
- Bicycles or skateboards

Online: Weeks 5 & 6

July 28 – August 9, 2025

6-Week Participants Only

Students can expect to have all of Sunday, July 27th off to travel and rest. Please be prepared for programming to resume on Monday, July 28th. Programming will begin at 10:00 AM Central Time, unless otherwise notified by your instructors. Certain programming will be dependent on the cohort of 6-week students.

Online Daily Arrival

The policies and structures set in place during the first two weeks of the Institute will resume during the final two weeks of the institute. To recap, please be on time for your morning lab. Morning labs begin promptly at 10:00 AM Central Time. If you cannot attend the Institute on any given day due to any last-minute conflicts or illness, please be sure to notify your lab instructor.

If you know ahead of time that you will be unable to attend labs on a given day, please follow the instructions listed on page 5 under "*Absences During Scheduled Online Programming.*"

Conclusion Of Online Programming

There will be a small round robin during the final days of the 6-week program. The final lecture and closing ceremonies for the online portion will be held on the last Friday, August 8th, 2025.



Sample Daily Schedules

This schedule is subject to change. Saturday/Sunday programming will vary from week to week. The following are daily schedules from the different phases of the institute. The schedule is designed to be flexible, allowing us to modify the amount of daily instruction to avoid student and staff burnout, which is a particular concern for the online portions. Weekend programming will be lighter than what is listed. If you have a question about a specific day/time, please feel free to reach out. **All times listed are in Central Time, and all students are expected to conform to Central Time to participate in the online portion of the institute.**

Online – Week 1

9:00 AM-10:45 AM Topic lecture #1, live via Zoom, with time for questions & answers
11:00 AM-12:00 PM Topic lecture #2, same format
12:00 PM-1:30 PM Lunch
1:30 PM-2:30 PM Break-out groups, each instructor delivers setup instructions for the afternoon's activity
2:30 PM-3:30 PM Students prepare speeches, instructors are available to answer questions
3:30 PM-5:00 PM Students deliver practice speeches, instructors give feedback
5:00 PM-5:30 PM Lab groups discuss argument research assignments and divide labor
5:30 PM-7:00 PM Dinner
7:00 PM-9:00 PM Tentative: Students work on argument research independently

Online – Week 2

9:00 AM-12:00 PM Practice debates via Zoom
12:00 PM-1:30 PM Lunch
1:30 PM-2:30 PM Prepare & deliver reworked final speeches from practice debates; receive feedback
2:30 PM-4:00 PM Students work independently or in small groups on argument research, with instructors available to answer questions
4:00 PM-5:30 PM Lab groups meet via Zoom to discuss progress on research assignments and go over work-in-progress files together
5:30 PM-7:00 PM Dinner
7:00 PM-9:00 PM Students watch a pre-recorded lecture video, prepare a speech, and record themselves giving that speech. Instructors are available to answer questions, and review speech recordings as they come in, providing written feedback

On Campus – Week 3

7:45 AM-8:30 AM Breakfast
8:45 AM-9:00 AM Institute Roll Call
9:00 AM-11:30 AM Morning programming (lectures and/or lab classes)
11:30 AM-1:30 PM Lunch & free time
1:30 PM-4:45 PM Afternoon programming (lectures and/or lab classes)
5:00-6:00 PM Dinner
7:00-9:00 PM Evening Programming (office hours, community building, etc)
10:00 PM Curfew

On Campus – Week 4

The last few days of this on-campus portion of the institute will be devoted to an institute-wide tournament. The days before the tournament will be devoted to finalizing the institute's arguments and evidence, as well as tournament preparation.

Online – Weeks 5 & 6 to be tailored to the cohort

10:00 AM-12:30 PM Morning programming (lectures and/or lab classes)
12:30 PM-1:30 PM Lunch
1:30 PM-5:30 PM Afternoon programming
7:00 PM-9:00 PM Tentative Evening Programming

International Student Information

The ability to communicate with our international students and families is paramount to your success and wellbeing in the institute.

Arrival

International students traveling from overseas are encouraged to arrive in the Chicago area prior to arrival day, so that you can rest and get a head start on recovering from jetlag. This would require a parent/guardian to travel with you so that you can stay in a hotel on Friday, July 11th. As of March 2025, we cannot accommodate early arrivals in the residence halls. We will let you know if that changes. You will not be expected to attend any live sessions on Friday, July 11th to accommodate your travel.

Contact Information

Students: As mentioned above, **students must have a US cell phone number while on campus.** You cannot use your international phone number. If necessary, you can purchase a cell phone in downtown Evanston at any of the mobile stores or CVS. If you will be purchasing a phone once in the states, please let us know that in advance so that we can know when to expect to receive your phone number. Otherwise, we expect this number to be provided on your health form.

Parents/Guardians: We must be able to reach a parent/guardian in case of emergency. If you as the parent/guardian do not have a cell phone with service in the US, please download [WhatsApp](#) and provide us with that phone number on the Health Record form or via email.

If, while attending the NHSI, a student is experiencing a medical, psychological, or other health-related concern that exceeds the NHSI's ability to ensure their safety – or the safety of other NHSI students or staff – the student's parents/guardians will be notified and will need to arrange for an adult to check the student out of the program within 24 hours. **You must provide us with a contact in the United States who speaks English that can be reached in case of an emergency of this nature.** Please provide this contact information via email and/or on the Permission to Treat & Transport form.

Insurance

In case of medical emergency, students must carry proof of health insurance. Please check with your current health insurance to make sure they offer coverage in the U.S. If they do not, please obtain travel health insurance. Students must also carry a credit card or debit card to cover incidental medical costs (such as co-payments required at medical visits).

Visa Information

All NHSI programs are taken as non-credit. International students only need a [B-2 Tourist Visa](#), which covers "Enrollment in a short recreational course of study, not for credit toward a degree." Neither a Student Visa nor an I-20 are necessary.

English Language

All NHSI programs require proficiency in the English Language. Submitting an English Language test score as part of your application was required to help us determine whether you meet that level on paper. Please expect all programming, instruction, and assigned reading to be conducted in English.