

# NEW IN THE LOU



Your guide to being an engaged member of the St. Louis  
community, brought to you by the Gephardt Institute for  
Civic and Community Engagement

# Hello!

## **WELCOME TO WASHINGTON UNIVERSITY IN ST. LOUIS!**

We're so glad you're here. St. Louis is a vibrant region with many stories and places to explore.

We hope that you take the time to learn about this community and build relationships with residents from all walks of life. Whether you've been here your whole life or are in St. Louis for the first time, and whether you are a first-year student or a PhD candidate, this guide is a resource as you navigate your surroundings and engage in the community.

So, use this booklet for reflection, to find places to get started, and to take notes as you explore the region and as your St. Louis engagement evolves and grows. And remember, the Gephardt Institute for Civic and Community Engagement is a resource for you along the way.

*Now, let's explore!*







## **About the Gephardt Institute for Civic and Community Engagement**

We invite you to imagine the future of civic health, of St. Louis, and of Washington University with us.

The Gephardt Institute for Civic and Community Engagement fosters a vibrant culture of civic engagement throughout Washington University with a vision of civic health in St. Louis and around the world.

Established in 2005, the Gephardt Institute serves two core functions: to prepare the next generation of civic leaders, and to equip people and organizations to engage in the progress and vitality of their communities.



These values guide the Gephardt Institute as an organization and can serve as a shared compass for civic and community engagement at Washington University. Although each value can function independently, they are intentionally organized as a continuous cycle that starts with inquiry and empathy before ultimately arriving at action—mirroring the process of engagement.

For more information about the Gephardt Institute, including descriptions of our values, visit the Gephardt Institute website: [gephardtinstitute.wustl.edu](http://gephardtinstitute.wustl.edu)

**What are your values?**

**How do they connect to ours?**



## Regional Fast Facts

★  
Did you know  
St. Louis City operates  
as its own county?

★  
The city's population  
is about 300,000  
people, and the  
whole metropolitan  
area totals about  
2.8 million people.

★  
There are  
91 different  
municipalities in the  
metropolitan area.

★  
As you can imagine,  
these dynamics  
create significant  
benefits as well as  
challenges.

St. Louis County

St. Louis City

## Considering Place

Context is a critical component to making sense of our environment. When we think about St. Louis, we need to consider the history, the culture, the experiences of people who live here, and the stories of people who once lived here.

There are many different experiences with, and countless narratives about, St. Louis. While there is no way of holding or understanding all of its histories and complexities, there are ways to deepen and strengthen our understanding.



**St. Louis to me is...**

**Questions I have  
about St. Louis  
are...**

## Resources to begin exploring St. Louis

### Consider visiting...

places that tell stories about St. Louis, like the Missouri History Museum or the Griot Museum of Black History.

### Consider listening to...

St. Louis Public Radio and podcasts like *We Live Here*, *Under the Arch*, and *This Civic Moment*.

### Consider reading...

local publications like the *St. Louis American* and *St. Louis Post-Dispatch*.

Did you know?  
Most neighborhoods have a local neighborhood organization. If you live off-campus, you can look up your organization's social media or website on [stlouis-mo.gov](http://stlouis-mo.gov).

What's a resource YOU recommend to learn more about St. Louis? Tell us!

### My list of resources to explore

- 
- 
- 
- 
- 



## So... What is community engagement?

- ☐ Relationship-based
- ☐ Connected to a place and context
- ☐ About partnership and collaboration
- ☐ Focused on community needs
- ☒ All of the above

You may have done community service in the past; volunteerism is just one form of community engagement.

For a more extensive understanding of community engagement, visit the Gephardt Institute website: [gephardtinstitute.wustl.edu](http://gephardtinstitute.wustl.edu)

## ✧ Civic Engagement looks like...

Voting

Contacting public officials about an issue you care about

Mutual aid

Participating in protests

Civic dialogue

Joining a community group

Attending a public meeting

Raising or donating money to a cause

Learning about local politics

Volunteering

Your ideas here

**I'm curious about...**

**A skill I offer is...**

**A concern I have is...**

**In order to engage,  
I need...**



## **Find The Right Opportunity For You**

There are many ways to find opportunities for community engagement at WashU and in the St. Louis region, including one-time or ongoing volunteer needs, learning resources, and co-curricular activities:



Sign up for  
the Gephardt  
Opportunities  
Newsletter to receive  
new opportunities  
straight to your inbox



Check out  
regional volunteer  
websites like  
United Way of  
Greater St. Louis



Connect with  
on-campus offices  
like Campus Y  
or join a student  
group focused  
on community  
engagement

For a list of St. Louis  
nonprofits where you  
can get involved, scan the  
QR code.







## Civic and Community Engaged Student Groups

Did you know that there are nearly 200 student groups at WashU involved with civic and community engagement? Joining a student group is a great way to deepen your engagement in subject areas that matter to you. Plus, it's a convenient way to meet peers who share a common interest.

To find a full list of community engaged student groups, visit WUGO (Washington University Student Group Organizer), click on the "Organizations" tab and filter your search by "Civic and Community Engagement (Service)."



## More Ways to Engage St. Louis

The Gephardt Institute offers many programs and resources to help you engage St. Louis while at WashU. If you're not sure how or where to get started, then let us help you navigate your civic journey. Visit us during drop-in hours each week or contact us online. Remember: We're here to help you!

### New in the Lou

From visiting and learning about different neighborhoods in St. Louis to hearing from local residents, New in the Lou is an expansive set of programming (including this book) for anyone who wants to learn more about St. Louis.

### Goldman Fellows, Arts as Civic Engagement, and Morris Fellows

These summer fellowships are St. Louis-based cohort programs. Fellows in all programs participate in neighborhood immersions; intern with local civic, nonprofit, or arts organizations; and engage in various community events.

### Community Engagement Training

Sign up for a two-part community engagement training series offered every semester. The training is designed for student leaders and focuses on building sustainable partnerships, considering pitfalls of community engagement, and taking a strengths-based approach to community engagement.

### Community Engaged Courses

Community Engaged Courses are experiential courses that integrate community engagement with WashU's academic mission. Plus, they are designed collaboratively with community organizations to ensure mutually beneficial outcomes for all involved.

### Civic Engagement Fund

The Gephardt Institute offers various grants for students, faculty, and staff to foster community/university partnerships that advance St. Louis priorities. With grants ranging from \$50 to \$5,000, the Gephardt Institute is here to help you develop your vision and cultivate your community partnership.

## ✦ Be a Participant in Our Democracy

Our democracy depends on engaged citizens who are informed, equipped with civic knowledge and skills, and compelled to take action. (Hint: that's you!) As Justice Sandra Day O'Connor said, "The practice of democracy is not passed down through the gene pool. It must be taught and learned anew by each generation of citizens." So, what does it mean to engage democracy?



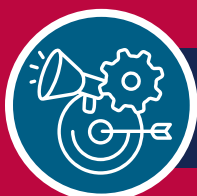
Advocacy efforts  
and community  
organizing



Civic dialogue



Collaborating with  
neighbors on a  
local level



Improve  
information  
literacy skills



Voting

When I hear the  
word 'democracy,'  
I feel...

# WASHU VOTES

## All Things Voting

WashU Votes is a Gephardt Institute-sponsored student group that coordinates voter registration, education and turnout in all local and national election cycles. All students are welcome to join. For those who are eligible to vote in U.S. elections, it's good practice to update your registration address when you move to a new location, even to a new apartment in the same city. To register or update your voter registration, visit [wustl.turbovote.com](http://wustl.turbovote.com).

### Some important voting reminders:

- Check and update your registration address if you plan to vote in Missouri.
- Request an absentee ballot by the request deadline for the option to vote before Election Day in Missouri or your home state.
- Confirm when absentee ballots should be sent to arrive in time to be counted. For more information on absentee voting in your state, visit [Vote411.org](http://Vote411.org) or email us.
- Free election-related postage is available for WashU students in the South 40, Village, and Lofts mailrooms.



Visit [gephardtinstitute.wustl.edu](http://gephardtinstitute.wustl.edu) for more information regarding voting, or email [washuvotes@wustl.edu](mailto:washuvotes@wustl.edu) with any questions.



There are countless ways to get involved in St. Louis and to embrace this community as your home while at WashU. We hope this guide is a start to your engagement in our region. And no matter where you begin or end your civic journey, the Gephardt Institute for Civic and Community Engagement is here for you.

Bring your questions to our drop-in hours, or contact us online for more information about how to get involved.

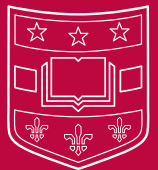
### More WashU resources to support your St. Louis engagement:

- Center for Experiential Learning
- Clark-Fox Policy Institute
- Institute for Public Health
- John C. Danforth Center on Religion and Politics
- Office for Socially Engaged Practice
- Public Service at WashU Law
- Skandalaris Center for Interdisciplinary Innovation and Entrepreneurship
- Social Policy Institute
- Washington University School of Medicine's Gateway Curriculum

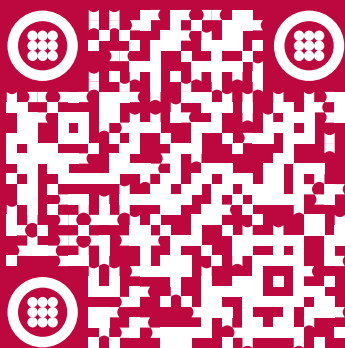
If you can believe it, there are even more resources available to you at WashU than there is space available to list here. Keep your eye out for the groups, programs, and resources that interest you.

## Notes

## Notes



Connect with Gephardt



[GephardtInstitute.wustl.edu](http://GephardtInstitute.wustl.edu)

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Washington University in St. Louis

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