

## Office of Multicultural Student Affairs Workshops

### Conflict & Listening: Opposing Diodes

*Things do not change, we change. . ~ Henry David Thoreau*

This workshop focuses on communication allows students to learn essential techniques to address crucial conversations around issues of diversity and social justice without entering into a place of blame and judgment; thus alienating the audience. This is accomplished with an emphasis upon the entering into dialogue; not argument.

#### *Outcomes*

- Students will learn effective conflict resolution skills; including:
  - Blending
  - Effective listening
  - Positive non-judgmental regard
  - Finding Consensus

### Choose Your Attitude!

*A candle loses no light by lighting another. ~ Unknown*

This session will allow students in an non-confrontational and experiential manner to discover their own biases and beliefs, as well as their own identity and how those interact in their roles as leaders in their community.

#### *Outcomes*

- Become more aware of their own attitudes, biases, and beliefs.

### Rock & a Hard Question: Rocking Those Hard Answers!

*After climbing a great hill, one only finds that there are many more hills to climb. ~ Nelson Mandela*

This session will provide an open arena for students to have any and all questions they want to ask asked. This session will start with building of a community and developing norms through a Full-Value Contract and then delve into the tough issues surrounding issues of diversity and social justice.

#### *Outcomes*

- Be able to find answers to hard questions concerning diversity, social justice and social change

## Creating Sustainable Support Networks for Change

*One person with a belief is equal to a force of ninety-nine who have only interests. – John Stuart Mill*

What is a support network for change and who can be an ally? This experience will help students discover their already in place networks and how to tap those to create and become the change they want to see!

### *Outcomes*

- Be able to find and create networks to help support your goals as they pertain to diversity, social justice and social change

## Thrive Together; Fail Alone

*A dream you dream alone is only a dream. A dream you dream together is reality. -John Lennon*

Through an experiential learning activity students will discover that non-zero sum situations do exist, and how to create them in our communities. This purely experiential workshop lasts about and 90 minutes.

### *Outcomes*

- Learn that collaboration is far better for success than competition
- Build partnerships to create change in our communities

## Who are you? Who who; who who....

*Bob Marley isn't my name. I don't even know my name yet. - Bob Marley*

Through a familiar outline, students will begin to assess their own identity development as well as that of others and how that corresponds to their own experiences as a student on this campus

### *Outcomes*

- Learn basics of identity development and why this is important
- What does it mean to be \_\_\_\_?
- How does this correlate to my interactions with other students?