

# BUILDING BRIDGES & COMMUNITY DAY

Thursday, November 1<sup>st</sup>

## Workshops and Panels

### INCLUSION

#### **Left, Right, Center: How Do We Get Our Personal Ideology?**

Beau Weston, Professor of Sociology

Where do we get our political views? We are aware that we have inherited views from our upbringing, and learned positions from our experiences and formal study. Participants will discuss the varied factors that shape our moral foundations and worldviews. The aim is to help us think about our personal ideological commitments and to better understand the reasons for others' perspectives.

#### **Practice Perfect Pronouns**

Jo Teut, Assistant Director of Diversity and Inclusion Programming

Pronouns are an essential part of the English language that we use to describe everyone. For members of the transgender community, using their proper pronouns is crucial in validating their identities and creating safer spaces. Using a variety of pronouns perfectly doesn't happen overnight but with practice, practice, practice. The goals of this workshop are for participants to learn why pronouns are so important, how pronouns can be tied to identity, and how to use a variety of pronouns.

#### **A Man's World: A Collaborative, Problem-Solving Approach to Gendered Expectations**

Christopher Paskewich, Associate Professor of Politics

This session will start with a discussion of the pressures, expectations, and criticisms of men in a climate where it sometimes seems that masculinity is always perceived as a bad thing. We will review the ways those narratives sometimes cause men to harm themselves and others, and engage in activities to help identify when and where dominance is used as a solution for problems, then discuss other, healthier alternatives that model strength and collaboration. Participants will leave with a shared understanding of men's role as protagonists in creating a healthy campus climate that promotes mutual respect and holistic wellbeing.

#### **Centre Ally Training**

(3 h)

Brian Daniel, Director of Residence Life, and Gracie Nilsson, Coordinator for Student Organizations & Campus Events

The purpose of the Centre Ally Program is to create visible LGBTQ+ allies for members of the Centre community, to help shape a culture of acceptance, and to make a positive statement about the equality of all people. The topics and information discussed during the training are also applicable to other identities and populations.

#### **Implicit Bias Training**

Jen Goetz, Associate Professor of Psychology

Have you heard about implicit bias and want to learn more about it? In this workshop, you will learn about the often unconscious and automatic forms of bias that you and others around you may be influenced by. We will talk about what implicit bias is, the effects it can have in everyday life, and strategies you can use to reduce its impact.

## **Green Dot**

Dr. Jamie E. Shenton, Assistant Professor of Anthropology

In 2017, Centre College brought the bystander intervention program Green Dot to campus. Green Dot is a violence prevention curriculum centered on reducing rates of power-based personal violence like sexual assault, dating violence, and stalking. As a participant in this one-hour workshop, participants will learn the importance of using reactive and proactive approaches to addressing interpersonal harm. Participants should leave feeling empowered to be a part of changing culture permissive of power-based personal violence. The message of Green Dot is simple: violence is not acceptable, and everyone has to do his/her/their part.

## **Do You Like That?: A Realistic and Intersectional Approach to Consent**

Sarah Cramer, Sexual Assault Prevention & Education Specialist

Consent is mandatory, but not everybody's getting it. Why? Who is? In this session, participants will discuss the ways consent is woven into our everyday interactions outside of the bedroom. They will workshop culturally-relevant, intersectional, and timely ways to ask for consent that aren't "awkward" as a way to make life happier and friendships stronger. The college will incorporate these consent "scripts" into future workshops and messaging materials.

## **Just Talking: Healthy Relationships in the age of Tinder**

Sarah Cramer, Sexual Assault Prevention & Education Specialist

This session will start by throwing out the outdated, unrealistic expectations for college student relationships, and instead focus on the realities of Centre student's experiences. What does a healthy hook up look like? How do you "break it off" if you never officially started? Students will complete an exercise to determine what a desirable relationship looks like for them and consider the needs of the many different cultures, backgrounds, and experiences represented in Centre's student body. Participants will have the opportunity to make recommendations for future initiatives at Centre that focus on health promotion rather than harm reduction.

## **Make the Number Zero: Sexual Assault Prevention For Everyone**

Sarah Cramer, Sexual Assault Prevention & Education Specialist

100% of sexual assaults are preventable, but we need 100% of the Centre community on board in order to "make the number zero". This session will discuss data-proven approaches to campus sexual violence prevention that serve traditionally underrepresented student populations. We will brainstorm ways to help students want to come to the table and invest their feedback in college-sponsored initiatives. Participants will leave with a shared understanding of the best practices that serve all students and the steps necessary to implement them.

## **Create a Culture of Caring**

Kay Drake, Vice President for Human Resources & Administrative Services; Gary Bugg, Director of Public Safety; Kevin Milby, Director of Public Safety

Together, all of us help create a culture of caring where all students, faculty, and staff are safe in the place where we work, live, and study. What should this culture of caring consist of? How can you help create it? Come discuss this important dimension of our community as we look to the future of the College.

### **LGBT Narratives**

Mitchell Collins, Class of 2019; Kat Greenleaf, Class of 2020; Mykol Hamilton, Professor of Psychology; Randy Hays, Vice President & Dean of Student Life; Eli Hildabrand, Class of 2022; and Garrett Hill; Class of 2022

LGBTQ students and faculty talk about their personal journeys related to sexuality and gender identity. There will be opportunity for questions from the audience. Our goal is to foster understanding and respect for unique differences related to these central elements of our human identity.

### **When Abroad: The International Student Experience**

Sara DeWitt and Vân Đăng

A panel discusses the complexity of the experiences of international students on the Centre campus with particular attention to negotiation of identity conflict, cultural shock and making the grade.

### **Muslim in America; Muslim at Centre**

Shanze Arshad, Class of 2020; Ryan Farhab, Class of 2022; Hibah Siddiqui, Class of 2019

Muslim students talk about their practices and tell their stories about what it's like to be Muslim in America and on our campus. Students will understand the beauty and diversity of Islam itself, as well as some of the unique struggles of Muslim students in our current context. There will be opportunity for questions from the audience that lead to discussion intended to foster greater understanding, respect, and dialogue.

### **Interfaith Dialogue and Discussion**

Ellen Tyra, Coordinator - President, Centre Faith

CentreFaith invites the campus community to observe and learn more about interfaith dialogue at this 90 minute program in which students of six diverse faith traditions engage with each other about their experiences. We welcome everyone to attend to learn how respectful and compassionate discussion about religion can be used to build bridges. Attendees can expect to learn more about the six faith traditions, understand the role of interfaith dialogue on campus, and observe the conversation that the students have.

### **Transform the Norm! Economics of Diversity/Inclusion**

Patten Mahler, Assistant Professor of Economics, and Economics students

Why aren't there more spectators at athletic events? Is it hard to meet people outside your circle of friends? Are social perceptions driving your choice to "work hard" and "play hard"? Econ students will lead brainstorming sessions to hear your creative solutions to TRANSFORM the NORM!

## Bridges

### **Ensemble as a Community**

Matthew Hallock, Professor of Dramatic Arts and Jen Goff, Assistant Professor of Dramatic Arts Theatre is an art form that requires everyone in the ensemble working together to make a production come to life. In this session, we will use some skills and games from the theatre to explore how we can work together in building our Centre community.

### **African Influences in African American Music**

Nathan Link, Associate Professor of Music

This session will look at the ways in which we can hear manifestations of African musical techniques and traditions in much African American music, from early field hollers, to blues, jazz, and rock and roll, to R&B and hip-hop.

### **Finding Common Ground: An Open Mic Poetry Reading**

Lisa Williams, Professor of English and Dir. of Creative Writing Program

Register to simply listen, and/or to read a poem or a paragraph of prose, by yourself or by another writer. Readings by participants will be a few minutes apiece, with listeners and readers hoping to foster the discovery of connections and common ground. Hear, and be heard!

### **Putting Poetry into the World**

David Baker, Class of 2021, and Taylor Morris, Class of 2021

In this workshop for both beginners and more advance poets, we will give space to create new pieces. Participants will have the chance to learn and and create new forms of poems. There will be an optional open mic session to present poems that have been written in the workshop at the end.

### **Hip-Hop How-To**

Austin Mitchell, Centre Football, Class of 2020 and Kydris Washington, Centre Football, Class of 2020

With so much of today's culture focused on hip-hop, it's important to understand the mechanics behind the world's most popular music genre. Come learn the ins-and-outs on how to create a hip-hop song, and then let us challenge you to create your own! No pressure; we'll help.

### **Step it Up: Stepping with Purpose's Step Workshop**

(3h)

JoJo Marcellon, Class of 2020, Posse Scholar

The combination of military drill precision, African foot dances, and stage routines from R&B acts from the 1960's all come together in the dance art form known as stepping. Stepping has made its way into pop culture in recent years through film and media. Join SWP to learn more about stepping and to perform an original routine! Get ready to werk!

### **Kathak / Bollywood Dancing**

Sangeet Sheth, Class of 2020 and Aditi Shukla

Kathak is a classical North Indian dance form beginning as a form of story-telling and evolving with various influences from Indian history. The important things to note about Kathak are the bells, or ghungroos, the fast spins, chakars, and the footwork, tatkar. The performance today was choreographed by Sonia Chaudari of the Upasana Performing Arts Center in Nashville, TN, with some editing by Sangeet.

### **Moments in Motion Movement Workshop**

Annalise Palmer, Class of 2020, President of Moments in Motion

Moments in Motion is a Centre-based dance club that teaches different styles of dance to anyone, regardless of their background in dance. Our goal is to make dancing seem less daunting and share our love and passion for movement of all kinds. Our workshop will include a small warm up at the beginning of the hour and then we will be teaching a small dance combination that is fun for those with all backgrounds in dance.

### **Divine 9: NPHC at Centre**

Scotty Rainwater, Director of Greek Life and New Student Orientation

Join the Greek Life Office and a student interest group in a discussion about expanding historically African American fraternities and sororities to Centre College. We will discuss the options, processes, and challenges. We will also develop a plan of action for pursuing expansion.

### **Communication**

#### **Difficult Conversations Focusing on Empathy**

(3 h)

Joel Klepac, Counselor

Be empowered to stand up for yourself while empathically engaging with others. Increase your agility in conflict, enhance your ability to engage in authentic encounters with others and learn tools for engaging in relationships involving power differentials. This workshop is based on the principles of nonviolent communication developed by Marshall Rosenberg and inspired by the principles of non-violence espoused by Martin Luther King Jr, and Mahatma Gandhi and is being used globally.

#### **Free Speech and Civil Discourse Workshop**

Dina Badie, Associate Professor of Politics and International Studies

The Free Speech and Civil Discourse Workshop is designed to provide a framework to understand partisanship, to develop a set a common principles to guide civil discourse, and to find areas of common ground and respectful disagreement that move beyond the simple lines of political affiliation.

#### **American Sign Language and Deaf Cultures**

Rhoman James Centre Signers President Class of 2019

Find out what Sign Language, Deaf Culture and Centre all have in common in this fun, interactive activity. Also, hear more about our new ASL 110 class and our ASL club, Centre Signers.

#### **Theatre of the Oppressed**

(2 h)

Carrie Frey, Associate Director of Library Services, Laura Chinchilla, Assistant Professor of Spanish; Jen Goetz, Associate Professor of Psychology; Stephanie Bamfo, Class of 2021, DSU President; Becky Mohr, Class of 2022; Pearl Morttey, Class of 2021, SGA

The Theatre of the Oppressed is an arsenal of theater techniques and games that seeks to motivate people, restore true dialogue, and create space for participants to rehearse taking action. It begins with the idea that everyone has the capacity to act in the “theater” of their own lives; everybody is at once an actor and a spectator. The Theater of the Oppressed offers performance-based exercises to develop strategies for critical thinking and behavior that foster collaboration and community-led engagement.

## **Working with International Student Writers**

Jessica Walters, ESL Support Specialist

The purpose of this presentation is to help faculty and staff work with international student writers, particularly those who are non-native English speakers, by discussing the profile of international students and suggesting some guidelines when reading and responding to their written work. The presentation should be about 30 minutes followed by 30 minutes of Q&A and discussion to learn from each other's experiences.

## **Well Being**

### **Find Your Centre**

Jessica Chisley, Associate Head Women's Soccer Coach

At Centre, juggling multiple tasks, priorities, and commitments is the "norm". With the help of a goose, golden egg, and some big rocks, attendees of this workshop will explore methods to manage the vortex and achieve balance. As well, participants will discuss several effective habits and principles that will set them on a path to find their own unique Centre.

### **Positive Psychology: Making Centre More Welcoming**

Cody Cook, Assistant Director of Residence Life

Participants in the Positive Psychology: Making Centre a More Welcoming Place workshop will explore the science of Positive Psychology and how the environment in which individuals reside can affect their happiness levels. We will work diligently to understand how to increase our net positivity around campus and will practice ways to help Centre become a more positive, welcoming and creative environment in which all members of our Centre Community can thrive.

### **Living with Anxiety and Depression**

Kristi Burch, Academic Technology Specialist in the CTL and Ann Goodwin, Director of Counseling

This workshop will be centered around the topic of anxiety and depression and how we can better understand both ourselves and others who may be struggling with either of these often invisible mental illnesses. Attendees will hear personal stories of struggles with anxiety and depression, learn how to recognize signs of anxiety and depression in their own lives as well as in the lives of their peers and learn some strategies for helping create more inclusive environments for individuals with these mental illnesses, and be given an opportunity to create connections with others who relate.

### **Trauma Informed Yoga**

Natalie Tate, Regional Coordinator of Ampersand Sexual Violence Resource Center

Trauma informed yoga is a means of empowering individuals to identify the connecting between their body, their mind, and their breath and to build awareness around that connection. The classes allow students to tap into their individual power and reclaim their bodily autonomy by utilizing invitational language and emphasizing individual choice. Teachers do not offer physical assists and are trained in trauma sensitive practices. Please note that you do not have to identify as a trauma survivor to take part in a trauma informed yoga class.

### **Mindful Meditation**

Aaron Godlaski, Associate Professor of Behavioral Neuroscience & Psychology

No presentation. Just a few contemplative practices aimed at discerning the truth of your own experience, and transforming how we see ourselves and the world. Without inner change, there is no outer change. Without collective change, no change matters.

### **Walking the Labyrinth: Introduction to Labyrinth Meditation**

Allison Connolly, Associate Professor of French and Humanities

"The Labyrinth is a spiritual tool that has many applications in various settings. It reduces stress, quiets the mind and opens the heart." –Dr. Lauren Artress

This workshop begins by introducing participants to labyrinth history and to the contemporary, international labyrinth movement. The workshop will culminate in a silent labyrinth meditation on the Danville Labyrinth.

### **Cultivating Compassion in Color**

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Amanda DeWitt, Community Dialogues VISTA

Cultivating Compassion in Color will incorporate loving-kindness meditation, an exercise to cultivate compassion for self and others from the Buddhist tradition, and praying in color, a practice of meditating and reflecting through creative expression.

### **Safe Space for Sharing and Learning**

Crystal McPherson, Counselor

This session is designed to facilitate discussion around being a person of color on Centre's campus. The intent is to continue to build bridges among people of color and to provide a comfortable space to build community.

### **The Sit-In**

#### **Student Forum**

Students are invited to ask questions concerning last spring's Sit-In and the resulting Work Plan. The forum will be moderated by Andrea Abrams, interim Associate Vice President of Diversity Initiatives.