



Cross Cultural Center
Cuyamaca College

DIVERSITY DIALOGUES



CUYAMACA
COLLEGE



SPRING SEMESTER 2017

PURPOSE

These workshops, which will be offered on a regular basis, will focus on a variety of diversity awareness and social justice topics. Students will receive a stamp for every workshop they attend—students, who have completed a

minimum of three workshops during the Fall and Spring Semesters, will earn a “Diversity & Leadership” co-curricular certificate and will be recognized for their efforts at the Student Leaders Reception in May.

WORKSHOP SCHEDULE

The Mass Incarceration of African-American Males:

A Return to Institutionalized Slavery, Oppression, and Disenfranchisement of Constitutional Rights

February 8, 2017

11:00 AM to Noon
Student Center, I-207

Presented by: Dr. Tanis Starck,
San Diego State University

This presentation will explore how the American justice system disenfranchises African-American males of their constitutional rights of liberty and equal justice. This presentation will also reveal how the American justice system has not only had a devastating impact on the social and economic status of African-American males, but also on their constitutional rights of freedom and justice.

Reaching Out to Succeed

February 27, 2017

10:00 to 11:00 AM
Student Center, I-207

Presented by: Ahmed (Rasheed) Aden,
Mental Health Counselor

Abdimalik Buul, Counselor/Professor
at Southwestern College,
Doctoral Student USC

Awareness around mental health on college campuses has increased in recent years, in part because of high-profile cases around mental health issues. When we delve deeper, research shows that students of color are far less likely to ask for help when they're stressed or facing other mental health concerns. We will explore some of the unique challenges faced by this population. An emphasis will be placed on how race, mental health, and other intersectionality's play a role in student success.

Overcoming Conflict and Finding Solutions with Peers

March 9, 2017

3:30 to 4:30 PM
Student Center, I-207

Presented by Maria Garcia, Counselor

Conflict is a normal, and even healthy, part of relationships. After all, two people can't be expected to think the same exact way. Conflicts are inevitable and learning to manage them in a healthy way is crucial. When conflict is managed in a respectful, mature, and caring way, it can bring growth and build rapport among participants.

In this workshop, you'll learn how to handle difficult situations with assertiveness and confidence. Discover how to best manage conflicts, disagreements and out-of-control emotions that can harm important academic and personal relationships.

Social Justice Institute

March 24, 2017

10:00 AM to Noon
Student Center, I-208 & I-209

Presented by Grace Bagunu,
University of San Diego (SOLES)

Today's leaders are being asked to lead in a diverse global context where disparity among certain individuals and groups makes it challenging to achieve world peace. Social justice is not only a goal, but also is a process that leaders must understand in order to be able to engage and work towards a more equitable and just society. This interactive training session will help students gain a greater awareness and understanding of social justice from their own experiences as well as commit to an action that will benefit their greater community.

Social Empathy Model – A Path Towards Social Justice

April 6, 2017

10:30 to 11:30 AM
Student Center, I-207

Presented by: Mayumi Y. Douglas,
Licensed Marriage and Family Therapist

Participants will review and discuss the Social Empathy Model, written by Dr. Segal E. in 2011. This model is built on empathy, contextual understanding, and social responsibility that promotes social justice. This workshop will teach you effective ways to address conflict in relationships that emerge from lack of tolerance and appreciation towards cultural differences.

Safe Zones Training

April 14, 2017

1:00 to 4:00 PM

(Double Credit Event)

Student Center, I-208 & I-209

Presented by: Nancy Jennings, Cuyamaca College Faculty
Mary Garcia, Cuyamaca College Faculty
Moriah Gonzalez-Meeks, Cuyamaca College Faculty
Tania Jabour, Cuyamaca College Faculty

The Safe Zones training program is an ally training that brings awareness of LGBTQIA issues and provides insight on improving campus climate. During this session, the presenters will provide a three-hour training, at the end of which, participants will have the opportunity to become allies. Finally, the training activities, discussion topics, and resources can be adapted in your classroom or student organization.

What You Say Matters

May 1, 2017

2:00 to 3:00 PM

Student Center, I-208

Presented by Grace Bagunu,
University of San Diego (SOLES)

It is a widely known statistic that 93% of communication is how you say things, the non-verbal (body language and vocalizations). If the verbal part of communication is only 7%, then it is important that what you say matters. This session will focus on the words we choose to use and how some of the most common phrases might be considered a micro-aggression to others. Come learn how to communicate effectively in diverse settings using inclusive language.

If you have attended three Diversity Dialogue workshops during the 2016-2017 school year, please turn in your signed form to Lauren Vaknin in the Student Affairs Office (I-120) by May 12, 2017

For additional information on the Diversity Dialogue Program, please contact Dr. Lauren Vaknin in the Student Affairs Office at 660-4295.

Sponsored by:
Student Affairs,
Associated Student Government &
Equity and Engagement