



Cross Cultural Center
Cuyamaca College

DIVERSITY DIALOGUES



CUYAMACA
COLLEGE



FALL SEMESTER 2016

PURPOSE

These workshops, which will be offered on a regular basis, will focus on a variety of diversity awareness and social justice topics. Students, who have completed

a minimum of three workshops during the Fall and Spring Semesters, will be recognized for their efforts at the Student Leaders Reception in May.

WORKSHOP SCHEDULE

Bringing Our Whole Selves to the Table September 20, 2016

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

Presented by: Dr. Jan Estrellado,
Lecturer at SDSU & Psychologist

Each of our lived experiences is informed by our place in multiple social categories. We may feel formidable in certain environments or relationships, and voiceless in others, depending not only on our individual personalities and histories, but also on powerful social forces. Participants will maximally benefit from this workshop when they attend with an openness to others different than themselves, a willingness to engage emotionally, and a strong motivation for positive social change.

What You Say Matters September 29, 2016

1:00 to 2:00 PM
Student Center, I-207

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.

Complex Cultural Identities October 4, 2016

1:00 to 2:00 PM
Student Center, I-207

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

This workshop will focus on examining our own cultural identities. Participants will identify and reflect on the many facets of their personal cultural identity. The workshop will include self-reflecting and interactive exercises to promote awareness about the role of our cultural identities in the context of our career, family dynamics, and social life.

Strengths and Resiliency in Community Building October 6, 2016

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

Presented by: Rocio Ocampo-Giancola,
Marriage & Family Therapist

This workshop will focus on addressing and exploring tools for how to adapt and become part of the college community. We will explore how your strengths and knowledges that can be used for student success in your college career. Tips for decreasing isolation to connecting with others will be explored. An emphasis will be placed on how race, religion, class, language and other intersectionalities of culture can be used as strengths towards building a diverse community that can be part of your student success.

True Colors October 18, 2016

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

Presented by: Eddie Vasquez,
EOPS Student Services Specialist

This workshop is designed for emerging and advanced leaders, and participants will complete the True Colors personality quiz. The facilitator will provide strategies for student leaders to work with various personality types within their student organizations.

A Taste of Diversity November 2, 2016

1:00 to 2:00 PM
Student Center, I-207

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

Going deeper than what is on the surface to discover the unique diversity in all of us is what leadership is all about. This workshop will teach you how to interact with individuals and enjoy the human qualities that make diversity so flavorful. We will address biases and stereotypes, while also learning how to move beyond our judgments and prejudices. Diversity is a strength in our global society and that diversity includes you!

Leaders within our Communities. Persistence and Consistence. November 17, 2016

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

Presented by: Anthony Villarreal,
San Diego State University & Claremont
Graduate University Doctoral Student

With the rise of the Latinos in the United States and other ethnic populations it is of great interest to capitalize on our funds of knowledge. The presenter will discuss research on college student experiences in "New Latino Destinations" within the U.S. This session will highlight the experiences of students who have drawn on their cultural strengths to successfully accomplish their goals.

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.