

Weekly Challenges

Week 2: August 9-13

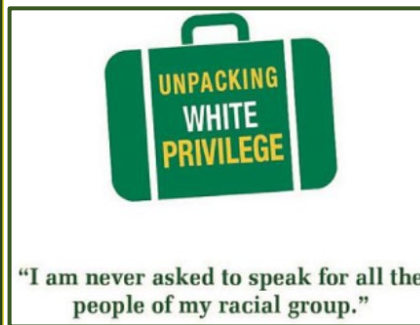
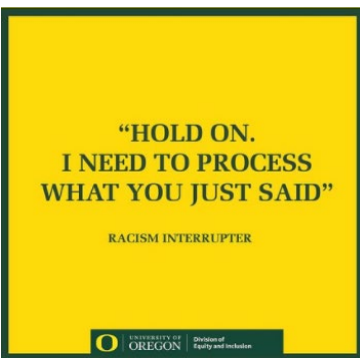
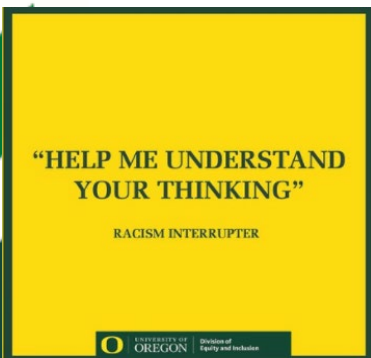
Finance and Administration (VPFA)

Everyday Inclusion

August 2021



1. **PRACTICE** effective listening as a tool to enhance inclusion. When you listen effectively rather than being distracted by emails, texts, or other work, you support people feeling heard and valued in the workplace. A link to an article on effective listening is available on the Everyday Inclusion 2021 homepage if you want to learn more (**use QR code at right for all resources on this page**).
2. **EXPLORE** statements about white privilege and ideas to interrupt racism from the Division of Equity and Inclusion (scroll to the bottom of the [EI21 webpage](#)). Which of the racism interrupters might you use? Which privilege statements resonate with you?



3. **CONSIDER** who you follow on social media. Try following people with very different backgrounds, belief systems, and interests. Ask co-workers for ideas or see [the 10 best diversity advocates to follow on social media](#). (Link at the QR code)
4. **DISCOVER** ways to counter stereotypes at work: Learn about body positivity from [the Militant Baker](#), grasp the [danger of hiding who you are](#), reorient negative perceptions of [older adults](#), and ask who is [respected in the workplace](#). (Links at QR code)
5. **CHALLENGE** a co-worker to complete a scavenger hunt with you, or race to finish first! Find details at Everyday Inclusion 2021: <https://vpfa.uoregon.edu/everyday-inclusion-2021>.

IN-PERSON AND VIRTUAL ACTIVITIES: This week and next

- **Thursday, Aug 12, 1-2pm:** They Are Not Too Young: Raising Children in a Diverse World, Tamara Clark, Vivian Olum Child Development Center (virtual).
- **Friday, Aug 13, 10-11am:** Women's History in the Campus Built Environment, Liz Thorstenson, Campus Planning (meet in person at the EMU amphitheater).
- **Tuesday, Aug 17, 10-11am or 11am-12pm:** Guided tour of Racing to Change: Oregon's Civil Rights Years, Ali Litts, exhibition docent (meet at the Museum of Natural and Cultural History, masks required).
- **Thursday, Aug 19, 3-4pm:** [We are Neighbors](#), online play sharing true stories of courage, hopefulness and resilience of immigrants living in Lane County, Community Alliance for Lane County, (virtual).

Register in MyTrack or contact Debbie Sharp at dsharp@uoregon.edu/541-346-3096 to sign up