

Weekly Challenges

Week 3: Feb 17-21



- 1) **DIALOGUE:** Have a conversation (maybe over coffee or lunch) with someone who has very different beliefs than you—political, religious, cultural, climate change. Be curious, be conversational, be real. The goal is to understand them, not to change them. Consider asking:



- What issues deeply concern you?
- What have you always wanted to ask someone from “the other side”?

Link: Elizabeth Lesser’s https://www.ted.com/talks/elizabeth_lesser_take_the_other_to_lunch

- 2) **CONSIDER:** Add some important cultural and religious holidays to your calendar, even if they aren’t part of your traditions. This helps us be aware of events that may be important in other people’s lives. E.g., Holi, Passover, Ramadan, All Saints Day, Kwanzaa.

- 3) **EXAMINE:** Take some time to think about the words you use for different genders. For example, when describing a characteristic of a woman, ask yourself, “Would I ever use this word to describe a man?” (and vice versa). If not, then look for a term without gender undertones. Check out the short videos on the right.



Three-minute
video on
#LikeAGirl



One-minute
video on
gender

- 4) **TRANSFORM:** Try changing a negative assumption into a question. Instead of thinking, “I’m not on that project because they don’t like me,” ask, “Why wasn’t I put on that project?” There may be lots of reasons: perhaps your manager needs you on another project; maybe no one knew you were interested. Try not just asking yourself-- ask directly.

Source: <https://www.recoverywarriors.com/negative-assumptions/>

- 5) **DISCOVER:** Take a few minutes time to learn about the Indigenous peoples whose land we live and work on. Which peoples were originally living in the places where you’ve spent time?

<https://native-land.ca/> and <https://www.grandronde.org/>

IN-PERSON ACTIVITIES: This Week and Next

Register in
MyTrack or
contact
Debbie Sharp
at [dsharp@
uoregon.edu](mailto:dsharp@uoregon.edu)
or
541-346-3096

Many Nations Longhouse tour and discussion with steward Katie Staton

Friday, February 21, 11:00am-12:00pm, Many Nations Longhouse

Artful Inclusion hands-on activity session with HR team member Sue Russell

Friday, February 21, 3:00-4:00pm, Lokey Education 116

Rehearsals for Life workshop

Tuesday, February 25, 2:30-4:00pm, Anstett Hall 191