

Everyday Inclusion Challenges: Week 2

(February 11–15, 2019)



Count me in for
Everyday Inclusion

- 1) **CONNECT:** Ask someone close to you how you can be a better listener. Are you listening for your next opportunity to talk? Are you a fixer, trying to present solutions before hearing the whole issue? (3 min)
- 2) **REFLECT:** Take a moment to reflect on how you react when someone makes a negative social or cultural comment. (2 min)
- 3) **MINDFULNESS:** Make a conscious effort to pay attention to the people speaking in meetings today, without being distracted by your cell phone or task list.
- 4) **ON CAMPUS:** Attend an event on campus—find opportunities to learn, connect with students, and broaden your horizons (e.g., attend a show at the University Theatre).
- 5) **INDIVIDUAL ACTIVITY:** Try the diversity profile activity outlined below (10 min)

Diversity profile activity: The objective is to take stock of the multicultural diversity in our lives and think about ways to increase our exposure to diverse perspectives.

In my environment...	Gender	Race / Ethnicity	Sexuality	Ability	Religion	Veteran Status
I am						
My co-workers are mostly						
My supervisor is						
My elementary school was predominantly						
My teachers were mostly						
Most of my close friends are						
My doctor/dentist is						
Other people living in my home are mostly						
My neighbors are mostly						

IN-PERSON ACTIVITIES: This week

- "Games that make you go hmmm..." (casual card games and conversation)
Wednesday, February 13, 12:15–1:00pm, Swindells Room 230 in EMU
- "Two Loops" walk (two 0.6-mile walks—a fun way to hit your daily step count!)
Thursday, February 14, 12:00–1:00pm, meet at the EMU Amphitheatre

Contact Debbie Sharp at dsharp@uoregon.edu or 541-346-3096 to sign up for in-person activities