**Weekly Challenges**  
**Week 3: Aug 16-20**

1. **REFLECT** on the importance of pronouns and consider adding them to your email signature or Zoom profile. [Request a pronoun ribbon](https://bit.ly/3iGdEbk) for your UO name badge.

2. **EMBARK** on the Strides for Social Justice walk to learn more about local Black history and the powerful influence of Black residents in our community: [https://www.peacehealth.org/strides-for-social-justice](https://www.peacehealth.org/strides-for-social-justice)

3. **TRY** to minimize interrupting when someone is speaking. Similarly, try to make space for others to participate after you are finished sharing your thoughts.

4. **SHARE** a recent learning experience with a colleague: something you read, listened to, watched, or learned from someone. Here are some ideas if you are looking to explore:
   - [https://www.npr.org/2021/03/12/976385244/why-pronouncing-names-correctly-is-more-than-common-courtesy](https://www.npr.org/2021/03/12/976385244/why-pronouncing-names-correctly-is-more-than-common-courtesy)

5. **CHALLENGE** yourself to consider inadvertently ableist words or phrases you use frequently and replace them with something more inclusive. This is a comprehensive list compiled by disability rights advocate Lydia X.Z. Brown (scroll down for glossary): [https://www.autistichoya.com/p/ableist-words-and-terms-to-avoid.html](https://www.autistichoya.com/p/ableist-words-and-terms-to-avoid.html)

**IN-PERSON AND VIRTUAL ACTIVITIES: This week and next**

- **Tues, Aug 17, 10-11am or 11am-12pm**: Guided tour of Racing to Change: Oregon’s Civil Rights Years, Ali Litts (exhibition docent), at the Museum of Natural and Cultural History (in-person, masks required).
- **Thurs, 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).
- **Fri, Aug 20, 10-11am**: Women’s History in the Campus Built Environment, Liz Thorstenson, Campus Planning (meet in person at the EMU amphitheater; rescheduled from Friday, Aug 13).
- **Tues, Aug 24, 9-9:45am**: Guided tour of the Black Lives Matter Artists Grant Program Exhibition at the Jordan Schnitzer Museum of Art (repeat tour—meet in front of the museum; masks required).

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