

2021

DIVERSITY WEEK

"Changing the Narrative"

This year's theme, "Changing the Narrative", encourages us to explore the many facets of diversity, equity and inclusion and to take intentional action toward building a campus of inclusive excellence.

Monday, October 18th, 2021

Blindfolded Yoga Class

**9:15am -
10:10am**

Description: The RWC will be hosting a 55-minute Blindfolded yoga class during the regularly scheduled yoga class. Blindfolds will be provided for those who want to participate. Students of all abilities are welcome to attend.

Host: Recreation & Wellness Center

Location: RWC at Knights Plaza - Mind and Body Studio

Register: [Click here](#)

Contact: Katherine Torres, katherine.torres@ucf.edu

Guided Imagery for Self-Care and Empowerment

**12:00pm -
1:00pm**

Description: Working toward social change and equity can be stressful. Join us for a gentle journey into deeper relaxation and radical rest. Guided imagery is the process of using scripts to tap into our imagination and find inner peace leading to stress reduction, self-empowerment, and inner wisdom. You will learn the principles of guided imagery and its connection to diversity and equity work and go on a guided journey toward deep relaxation, restoration, and peace.

Host: Office of Institutional Equity

Location: Barbara Ying Center, Room 140

Register: myUCF, DIV 594

Contact: Matt Ricke, matt.ricke@ucf.edu

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Bias Awareness and Mitigation in the Search & Screening Process

Description: The objective of this program is to increase participant knowledge and awareness around negative implicit associations. By increasing bias awareness, interviewers can reduce the impact of these associations on candidates of underrepresented groups in the search and screening process. Topics discussed include the blind spots vs. bias, types of bias, career-related bias, and ways to mitigate bias in the search and selection process.

Host: Pam Fletcher

Location: Barbara Ying Center, 140

Register: myUCF, DIV 596

Contact: Pam Fletcher, pamela.fletcher.ucf.edu

Building Accessible Web Pages Using Word Press

Description: WordPress provides a platform to build web pages that comply with established accessibility guidelines to give access to people with disabilities. This presentation will focus on best practices, tools, and techniques for developing web pages that are accessible. You will leave with resources and support to use when you are developing your site.

Host: Student Accessibility Services

Location: Zoom

Register: myUCF, DIV 578

Contact: sas@ucf.edu

**1:30pm -
2:30pm**

**2:00pm -
3:00pm**

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Understanding our Cuban Knights through Powerful Stories

**2:00pm -
3:30pm**

Description: Join us as Cuban Knights share the impact the Cuban dictatorship has had on them and their families. It will begin with a brief, educational recap of Cuba's history, followed by anecdotes from students and staff. Between anecdotes, we will show important cultural elements and highlight influential Cubans. There will also be displays of Cuban artifacts for viewing across available tables.

Host: Cuban American Student Association

Location: SU Key West, Room 218C

Contact: Karen Rodriguez, karen.rodriguez@ucf.edu

Tuesday, October 19th, 2021

Sensory Yoga Class

**11:00am -
12:00pm**

Description: In honor of Diversity week, the RWC will be hosting a Sensory Yoga class during the regularly scheduled yoga class, where the lights will be dimmed and participants will follow along to the movements of the instructor in silence.

Host: Recreation & Wellness Center

Location: RWC at Knights Plaza

Register: [Click here](#)

Contact: Katherine Torres, katherine.torres@ucf.edu

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Wheelchair Basketball Skills Challenge

Description: In honor of Diversity week, the RWC will be hosting a Wheelchair Basketball Skills Challenge, as well as 3v3 wheelchair basketball free playtime. Sport chairs will be provided and students of all abilities are welcome to join in on the fun!

Host: Recreation & Wellness Center

Location: RWC Court 1

Contact: Katherine Torres, katherine.torres@ucf.edu

**12:00pm -
2:00pm**

Beautifully Mixed: Navigating Multi-Racial & Multi-Ethnic Identities

Description: This workshop will provide a conversation about the unique challenges faced by individuals who identify with two or more races and/or ethnicities. Attendees will learn self-empowerment tools for accepting and honoring all parts of their identity.

Host: CAPS

Location: Zoom

Register: [Click here](#)

**1:00pm -
2:00pm**

Name Story

Description: Your name is part of your Personal Narrative. In this workshop, we will create a physical name visual to help share our story. Names are indicative of the complexity and range of diversity in humanity.

Host: ODI, Kavita Sawh

Location: Barbara Ying Center, 140

Register: myUCF, DIV 595

Contact: Kavita Sawh, Kavita.sawh@ucf.edu

**3:30pm -
4:30pm**

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Chair Yoga

**5:30pm -
6:30pm**

Description: In honor of Diversity week, the RWC will be hosting a Chair Yoga class at the RWC @ Downtown location during the regular scheduled yoga class. Chairs will be provided and students of all abilities are welcome to join in on the fun!

Host: Recreation & Wellness Center

Location: RWC @ Downtown - Union West 2nd floor

Register: [Click here](#)

Contact: Katherine Torres, katherine.torres@ucf.edu

Open Heart, Open Mic

**6:00pm -
7:15pm**

Description: Experience the creative works of Knights and friends around the world sharing what the Knight community means to them.

Host: UCF Libraries

Location: Zoom

Register: [Click here](#)

Contact: Megan Haught, megan.haught@ucf.edu

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Know Your Rights: Equal Opportunity and Nondiscrimination at UCF

Description: This session introduces participants to UCF's nondiscrimination policies and our commitment to ensuring equal opportunity for students, faculty, staff, and others. Participants will learn about UCF's policies and regulations, the Office of Institutional Equity and its services, employees' rights under the Americans with Disabilities Act, information about Title IX, and the rights and responsibilities regarding nondiscrimination that come with being part of the UCF community.

Host: Office of Institutional Equity

Location: Zoom

Register: [Click here](#)

Contact: Abigail Malick, abigail.malick@ucf.edu

**10:00am -
11:00am**

Representation in Popular Media — The Simpsons Did It...

Description: When is a television show no longer a reflection on society, but instead, an influence on culture? After more than 30 years on the air, has The Simpsons crossed over from telling stories to being the story? On-screen, Bart, Lisa, Maggie, Homer, and Marge have not aged, but the world in which they are viewed — our world — has. This presentation will transport you to the hometown of the Simpsons to explore the depth (or lack thereof) of its animated citizens. We will examine The Simpsons' cultural significance and how the show can help influence our real-life stories.

Host: SDES/VP's Office

Location: Zoom

Register: [Click here](#)

Contact: Paul M Kelly, paul.kelly@ucf.edu

**11:00am -
12:00pm**

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Sitting Volleyball & Goalball

**12:00pm -
2:00pm**

Description: The RWC will be hosting a sitting volleyball and goalball free play event on October 20th from 12pm-2pm. Equipment will be provided by the RWC. Students of all abilities are welcome to attend.
Host: Recreation & Wellness Center

Location: Main RWC MAC Gym (Courts 5 and 6)

Contact: Katherine Torres, katherine.torres@ucf.edu

Voices of Diversity with Haben Girma

**12:45pm -
2:15pm**

Description: Faculty, Staff, and Students are invited to hear World Renown Human Rights Lawyer, Haben Girma. She is the first deafblind graduate from Harvard Law and named by President Obama as a White House Champion of Change. Come hear her fascinating story, experiences, and thoughts on Diversity and Inclusion.

Host: Student Accessibility Services

Location: Zoom, main campus (SU Room 224), UCF downtown (DPAC 107)

Contact: Theda Llewellyn, Theda.Llewellyn@ucf.edu [Register Here](#)

R&B Yoga Class

**4:30pm -
5:30pm**

Description: In honor of Diversity week, the RWC will be hosting an R&B Yoga Class during the regularly scheduled class at the RWC at Knights Plaza Mind and Body Studio.

Host: Recreation & Wellness Center

Location: RWC Knights Plaza - Mind and Body Studio

Register: [Click here](#)

Contact: Katherine Torres, katherine.torres@ucf.edu

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Trap Cycle Class

**7:30pm -
8:30pm**

Description: In honor of Diversity week the RWC will be hosting a Trap Cycle Class during the regularly scheduled cycle class.

Host: Recreation & Wellness Center

Location: Main RWC Spinning Studio

Register: [Click here](#)

Contact: Katherine Torres, katherine.torres@ucf.edu

Thursday, October 21st, 2021

Color Your Story Bookend Decorating

**10:00am -
11:30am**

Description: Join UCF Libraries at 2 locations to decorate bookends using paint pens, permanent markers, and decoupage as a way to illustrate your truth and lived experiences. Plus you get a great decoration to take home!

Host: UCF Library

Location: John C. Hitt Library OR Dr. Philips Academic Commons

Contact: Megan Haught, megan.haught@ucf.edu

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LGBTQ+ 101

Description: The LGBTQ+ 101 training is the first in the series and is designed for all levels of knowledge about LGBTQ+ issues. In this 2-hour training, participants will be presented with general information about individual and societal concerns related to LGBTQ+ identity. This training serves as an introduction to these issues. LGBTQ+ 101 must be taken as an entry point before any other Safe Zone workshops are taken.

Host: LGBTQ+ Services

Location: Barbara Ying Center, Room 140

Register: myUCF, DIV 003

Contact: diversity.ucf.edu

**12:00pm -
2:00pm**

Exploring a Career in the Helping Profession

Description: Stigma and prejudice against people with mental illness continues to be prevalent in today's society, and heightened for people of color, veterans, and the LGBTQ+ community. Come explore how you can become part of the "Helping Profession" and help close the gap on mental health service disparities.

Host: Dr. Jocelyn Buhain

Location: Zoom

Register: [Click here](#)

Contact: Jocelyn Buhain, jocelynmichele.buhain@ucf.edu

**1:00pm -
2:00pm**

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Believing the Unseen: Invisible Disabilities

Description: An estimated one in ten Americans live with an invisible disability. Join a conversation on how we can support everyone on campus and make UCF more inclusive for our colleagues, our students, and our community.

Host: Jax Rogero

Location: Zoom

Register: myUCF, DIV 597

Contact: Jillian Rogero, jllian.rogero@ucf.edu

**3:00pm -
4:00pm**

REGISTRATION INSTRUCTIONS

Faculty, A&P, USPS:

Register online at Myucf.edu > Employee Self Service > Learning & Development > Request Training Enrollment

Students, OPS:

Email your name, course title, and course date to diverse@ucf.edu

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