

Mental and Emotional Health

The state of your mental and emotional health impacts everything else in your life. For people in the campus community, mental well-being is a crucial factor affecting their quality of life and academic or professional performance. In this session, participants will learn important information about mental and emotional health, as well as ways to cope with and take care of their mental health.

Ability and Accessibility

Disability and ability are aspects of student diversity. Many institutions still look at students with disabilities and their issues as “problems” to fix or solve. It is important for students and faculty to learn ways to make people with disabilities feel welcome, respected, and included on campus. In this session, participants will gain greater knowledge on these topics so that they can better serve the campus community.

Implicit Bias

An implicit bias is an attitude or stereotype that impacts what we do without us consciously realizing that we have been impacted. It is important for students, faculty, and staff to be aware of any implicit biases they may have so they can better serve their university. In this session, participants will learn how to uncover their implicit biases, as well as ways to overcome them.

Equity vs. Equality

Though equality and equity are sometimes used interchangeably, the words have very different meanings with major implications for student success. In this session, participants will learn about the difference between equity and equality, and why equity is so important for student and faculty success.

Racial Identity and Dynamics

Campus community members will fall along a wide range of racial identity development. This session will provide tools that community members can use to better understand their own racial identity and how it might impact privilege and oppression.

Cultural Competence

It is crucial to educate our campus community about the topics of culture and cultural competence. Cultural competence has both ethical and practical benefits for those in the campus community. This session will educate participants on the importance of cultural competence as well as provide ways to incorporate it into the work they do on campus.

LGBTQIA+ Issues

LGBTQIA+ individuals often face many challenges, and college can be especially important for their identity development. Though there is not enough space to explore the full range of issues facing the LGBTQIA+ community, this session will cover key areas to help your campus community respectfully handle challenging campus diversity situations.

Size and Body Image

Body image is how we think and feel about our bodies. Many college students struggle to maintain a healthy mindset about their size and body image. This session will discuss the importance of body positivity and embracing yourself for the way you are, as well as provide you with ways to maintain a healthy mindset about your body.