

# **Cultural Competency Workshops**

## Checklist

The Cultural Competency Workshop Certificate can be earned by completing 10 workshops: 8 from *Positionality* and 2 from *Relationality*.

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### **Positionality**

The process of getting out of our comfort zones to recognize how our identities affect and are affected by where we are and the social structures that we are a part of. Explores how our identity and experiences influence our perceptions of the world around us – these can affect research, teaching, leading, policymaking, and even everyday interactions.

- Accessibility & ADA
- Ageism
- Autism in College
- Class and Socioeconomic Status
- Gender
- Green Zone (Veterans)
- Interreligious, Interfaith, and Worldview
- Mental Health
- Orientation to Cultural Competency
- Race and Ethnicity
- Refugees
- Safe Zone
- Supporting UVU's Undocumented Students

### **Relationality**

The idea that everything we do is connected to others and that the various aspects of our identities play a role in these interactions. This can lead to differences in how we relate to others and to different groups, particularly when considering the complexity of individual lived experiences.

- Anti-Racism, Racial Justice, & Whiteness
- Body Image
- Building a Community of Belonging for Individuals with ASD (Autism Level II)
- Effective Communication: The Power to Read Minds
- Global Competence
- Holistic Data Interpretation
- Incivility & Microaggressions
- Interfaith Level II
- Interfaith Level III
- Intersectionality
- Justice & Healing
- SPECIAL EDITION: Supporting UVU Women
- SPECIAL EDITION: Inclusive Language and Accessibility
- What Shapes Us: a Conversation on Shared and Differing Lives Experiences [Dialogue]