

Cultural Competency Workshops

Checklist

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

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
- Green Zone (Veterans)
- Interreligious, Interfaith, and Worldview
- Mental Health
- Orientation to Cultural Competency
- 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.

- 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
- Inclusive Language and Accessibility
- Interfaith Level II
- Interfaith Level III
- Justice & Healing
- What Shapes Us: a Conversation on Shared and Differing Lived Experiences [Dialogue]