

## Foundations of Inclusion Workshop Series

The UVU Foundations of Inclusion is a three-level workshop series designed to introduce faculty, staff, and administrators to topics related to diversity and inclusion. The three levels follow an Awareness-Understanding-Skill Development model.

### Structure

<i>Level One: Awareness (1 hour each session)</i>							
<b>Race &amp; Ethnicity</b>	<b>Gender Relations</b>	<b>LGBTQ</b>	<b>Interreligious, Interfaith &amp; Worldview</b>	<b>Accessibility, Autism &amp; ADA</b>	<b>Mental Health</b>	<b>Class &amp; Socioeconomic Status</b>	<b>Global &amp; International</b>
<i>Level Two: Understanding (2-hour session)</i> <b>Exploration of Self</b>							
<i>Level Three: Skills (2-hour session)</i> <b>Where Do I Go From Here?</b>							

### Level One – Awareness (What?)

In the first level, there are eight different 1-hour sessions to choose from:

- Race & Ethnicity
- Accessibility, ADA & Autism
- Gender Relations
- Mental Health
- LGBTQ
- Class & Socioeconomic Status
- Interreligious, Interfaith & Worldview
- Global & International

The sessions in Level One do not need to be taken in any particular sequence. Participants are invited to choose topics of interest to them. Each of the Level One sessions will address the following related to each topic:

- Current context of the topic relevant to UVU and the surrounding communities
- Vocabulary and terminology
- Resources on campus for students and employees
- Engagement opportunities for learning and growth

**In order to advance to Level Two, participants must complete at least four Level One sessions.**

### Level Two – Understanding (So What?)

The second level (2-hour workshop) explores at a deeper level issues of:

- Privilege & Power
- Accommodation vs. Acculturation
- Equity & Equality
- Identity mapping
- Habitus, Cultural Capital, Trajectory, & Standpoint
- Lens/Bias checking
- Language and micro aggressions

**In order to advance to Level Three, participants must complete the Level Two workshop.**

### **Level Three – Skills (Now What?)**

The third and final level (2-hour workshop) helps develop the skills needed to move forward with greater awareness and understanding of key issues related to diversity and inclusion.

Topics and skills include:

- Reciprocity
- Listening and open-ended questions
- Responding to “tense/hot” moments
- Discerning between helpful conflict and hurtful contention
- Speaking up without shutting down
- Facilitating difficult dialogues

**In order to complete the Level Three workshop, participants will develop a personal inclusion plan as a capstone to the entire series.**

### **Recognition**

**Level One** – You will receive a certificate of participation for every one of the FOI Level One workshops completed.

**Level Two** – You will receive a certificate of completion after your Level Two workshop.

**Level Three** – If you complete the Level Three workshop with a minimum of four Level One workshops completed, you will receive a certificate and a \$50 gift card. If you complete the Level Three workshop with all eight Level One workshops completed, you will receive a \$200 stipend, a certificate, recognition at our Annual Champions of Inclusion Luncheon at the end of March and recognition in our Inclusion Annual Report the following year.

### **How Do You Register?**

1. Go to <https://uvu.bridgeapp.com/learner/library>
2. In the search field, type “FOI” for a list of all available workshops/topics
3. Choose the desired workshop and sessions by clicking on the “View Session” button
4. Sign up for a session by clicking on the “Register” button
5. That’s it! You will get an email confirmation.

\*If you would like to request a particular Level One workshop for your department or division, please email Kyle Reyes at [kyle.reyes@uvu.edu](mailto:kyle.reyes@uvu.edu) to coordinate a date, time, and topic. We will do our best to accommodate your requests but please note that each of our 32 session facilitators are volunteers.

**The capacity for each workshop is set at twenty so if a session is full, please consider signing up for the next available session.**

### **Contact Information**

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