



Cross Cultural Center
Cuyamaca College

DIVERSITY DIALOGUES



CUYAMACA
COLLEGE



FALL SEMESTER 2019

PURPOSE

These workshops, which will be offered on a regular basis, will focus on a variety of diversity awareness and social justice topics. Students will receive a stamp for every workshop they attend—students, who have completed

a minimum of three workshops during the Fall and Spring Semesters, will earn a “Diversity & Leadership” co-curricular certificate and will be recognized for their efforts at the Student Leaders Reception in May.

WORKSHOP SCHEDULE

Identifying My Personal Stress Response to Conflicts

September 18, 2019

10:00 to 11:00 am
Student Center, I-207

Presented by:

Mayumi Y. Douglass, M.S.,
Licensed Marriage and Family
Therapist & AAMFT Clinical
Supervisor

In this workshop, participants will learn to identify emotional triggers, their personal response to stress, and three strategies for regulating emotional and behavioral responses to conflicts in a variety of contexts.

Safe Zones

October 4, 2019

12:30 to 4:00 PM

Student Center, I-208 & I-209

Presented by:

Cassandra Marra,
Cuyamaca College Faculty
Moriah Gonzalez-Meeks,
Cuyamaca College Faculty

The Safe Zones training program is an ally training that brings awareness of LGBTQIA issues and provides insight on improving campus climate. Participants will have the opportunity to become allies at the end of the session. Finally, the training activities, discussion topics, and resources can be adapted in your classroom or your student organization.

Sino Tayo: Miseducation and Misrepresentation in the Filipino Community

October 8, 2019

1:00 to 2:00 PM

Student Center, I-207

Presented by: James Diokno,
Executive Director Barangay Arts &
Cultural Movement (BACM)

The Philippine Islands comprise more than 7,000 islands and hundreds of distinct language and ethnic groups, but what does it mean to be ‘Filipino’ or ‘Filipina’? This presentation will discuss how many Filipinos and Filipinas struggle with miseducation about ethnic identity and cultural representation.

Effective and Negative Styles of Communication

October 17, 2019

3:00 to 4:00 PM
Student Center, I-207

Presented by:

Mayumi Y. Douglass, M.S.,
Licensed Marriage and Family
Therapist & AAMFT
Clinical Supervisor

In this workshop, participants will learn and practice four effective communication skills, and will identify four negative styles of communication and its antidotes.

Model Minority or Minority Model? Filipinos and Perceptions of Asian Status

October 24, 2019

1:00 to 2:00 PM

Student Center, I-207

Presented by: James Diokno,
Executive Director Barangay Arts & Cultural
Movement (BACM)

Filipinos and Filipinas represent one of the largest Asian groups in the United States and the largest in California. Aside from their geographic location, people from the Philippines differ from other Asian communities in the US for a number of reasons. This has called into question whether or not Filipinos should be included as a part of the generalized Asian experience in the United States. This presentation will discuss how Filipinos contribute to or dispel perceptions of the Model Minority myth.

Becoming a Culturally Sensitive Assertive Communicator

November 12,

2019

3:00 to 4:00 PM

Student Center, I-207

Presented by:

Mayumi Y. Douglass, M.S.,
Licensed Marriage and
Family Therapist & AAMFT
Clinical Supervisor

In this workshop, participants will learn to identify and address cross-cultural conflicts by using assertive communication.

Cultural Competency Student Institute

November 20, 2019

1:30 to 2:30 PM

Student Center, I-207

Presented by:

Dr. Tanis Starck, Assistant
Dean for Special Projects
and Director of the Cultural
Proficiency Institute for
Educators at SDSU

Students will begin to develop skills as Diversity Peer Educators, in order to increase their awareness, knowledge, and skills necessary to create change. Students will engage in helpful conversations about diversity, inclusion, and fairness.

If you have attended three Diversity Dialogue workshops during the 2019-2020 school year, please return your signed form to Lauren Vaknin in the Student Affairs Office (I-120) by May 15, 2020.

For additional information on the Diversity Dialogue Program, please contact Lauren Vaknin in the Student Affairs Office at (619) 660-4295.

Sponsored by:
Student Affairs,
Associated Student Government &
Equity and Engagement