



## How the Cultural Plunge works

### Step One: You choose four experiences!

Immersion Experiences			
<b>Complete three of any immersion experience!</b>	<u>Student Organizations</u> Attend a meeting or program sponsored by a student organization meeting or program which educates about and/or represents an identity different than your own (i.e. Spectrum, BSU, HOLA, SDEC).	<u>On-Campus</u> Participate in an experiential learning activity, educational workshop, or dialogue on campus which focuses on a social identity different than your own and/or an unfamiliar social issue.	<u>Off-Campus</u> Engage in an off-campus experience which allows you to interact with a population of a social identity different than your own (i.e. community service, conference, study abroad)
Training & Certification Programs			
<b>Complete one of the following training or certification programs!</b>	<u>Certificate on Racial Equity (C.O.R.E)</u> Complete each CORE training workshop which educates our community about racial equity and inclusion by certifying supportive allies to promote understanding and advocacy. Counts as one plunge experience.	<u>Safe Zone Certification</u> Complete each Safe Zone training workshop which educates our community about variations of sex, gender, and sexual identities by certifying supportive allies to promote understanding and advocacy. Counts as one plunge experience.	<u>Global Competency Certification</u> Attend each Global Competency workshop which helps students to interact successfully and responsibly with people of different cultures, experiences, values and viewpoints. Counts as one plunge experience.
	<u>Conference on Leading Change</u> Annual conference focused on developing leadership and advocacy skills to make positive changes in our communities. Held each Spring.		

### Step Two: Report each plunge back to us!

Log onto The Compass at <https://thecompass.cnu.edu>. Once you're logged on, click on your name in the right-hand corner> My Involvement>Experiences>Add Experience to report your plunge experiences.

Plunge Incentives	Finding Plunges	Reporting Plunges
Upon completion of <u>two</u> plunges, students will be entered in a semester raffle to receive \$50 in Captain's Cash.	A calendar of plunge activities and events are distributed each semester to help students identify cultural plunge experiences on campus.	Students must report completion of the activity within the same semester in which it was completed with the exception of study abroad.
Upon completion of <u>four</u> plunges, students will be entered in a semester raffle to receive \$100 in Captain's Cash.	You may also go to the Office of Student Activities (DSU, Suite 330) or contact <a href="mailto:ben.cowman@cnu.edu">ben.cowman@cnu.edu</a> for more information.	Students may count required activities and events from an academic course or another program (such as PLP or a Greek-lettered organization) toward the Cultural Plunge program.
Students who complete the Cultural Plunge will be invited to a recognition reception for their commitment.	Please be mindful of your own social identity in order to determine what qualifies as a cultural plunge for you!	All submissions are reviewed and approved by the Office of Student Activities.

For more information on the Cultural Plunge or Certification programs, please contact Ben Cowman, Assistant Director for Diversity Initiatives at [ben.cowman@cnu.edu](mailto:ben.cowman@cnu.edu).

# How the Global Competency Certification works

**Global competency** can be defined as possessing the knowledge, skills, and awareness that enable an individual to interact successfully and responsibly with people of different cultures, experiences, viewpoints, and values.



Global Competency Certification			
Attend all three Global Competency workshops in any order!	<u>Global Competency Workshop No. 1</u> To effectively understand others, we must start with understanding you! This workshop is about you – how has your identity made an impact on your life? What have been the most formative experiences and values in your life? How do they influence your worldview?	<u>Global Competency Workshop No. 2</u> We live and work in increasingly diverse communities with people different than ourselves. How can we thrive and learn from one another? When conflict arises, how can we navigate it effectively? This workshop focuses on intercultural communication and conflict resolution skills.	<u>Global Competency Workshop No. 3</u> Our actions are interconnected with the actions of those in our immediate community and those who live around the world. In this workshop, we focus on action and what it means to be a global citizen.
	The Cultural Plunge requires a total of four experiences. When students attend all three workshops, this counts toward one plunge experience. Therefore, an additional three plunge experiences are required to receive certification!		
Complete the Cultural Plunge Program	<div>TAKE THE CULTURAL <b>plunge!</b></div>		
Students who are interested in earning the Global Competency Certificate must register and attend all three Global Competency Workshops AND complete the Cultural Plunge program. Certificate will be issued upon completion.			

**TAKE THE CULTURAL  
plunge!**



# How the CORE & Safe Zone works

Safe Zone Certification		Certificate on Racial Equity (CORE)
<b>Attend two training workshops</b>	<u>Safe Zone Part One: Born This Way</u> This Safe Zone workshop is open to those who want to learn about the lesbian, gay, bisexual, transgender, and queer (LGBTQ+) communities. We will explore attitudes and beliefs about sexual orientation and gender identity—and how heterosexism, gender normativity, and trans/homophobia negatively impact the lives of LGBTQ individuals.	<u>CORE Part One: Tell Your Truth</u> This workshop is open to those who want to learn about racial equity and inclusion. Participants will better understand their own bias and perceptions as it relates race by telling their truth. We will explore attitudes and beliefs about power, privilege and oppression through meaningful activities and dialogue on race.
	<u>Safe Zone Part Two: Allyship</u> This Safe Zone workshop is <i>open to those who have already attended Born This Way</i> , and are committed to becoming an ally at CNU. Participants will learn about available resources, how to become an effective ally, trans identity and challenges, legal and advocacy issues, and campus strategies for inclusion.	<u>CORE Part Two: Marginality &amp; Mattering</u> This C.O.R.E. workshop is <i>open to those who have already attended Tell Your Truth</i> , and are committed to improving racial equity and inclusion. Participants will learn about the dimensions of marginality and mattering. In addition, participants will explore how various levels of racism negatively impact students of color and what our campus can do to improve.

Students, faculty and staff register and attend CORE or Safe Zone training workshops in sequential order.