



How the Cultural Plunge works

Step One: You choose four experiences!

Immersion Experiences			
Create your own experience!	<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, Hillel, HOLA, SDEC, PIER).	<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, community event, study abroad, alternative break program).
Training & Certification Programs			
At least one of your plunge experiences must be a training or certification program!	<u>Social Organizing and Action Retreat (SOAR)</u> Annual gathering and training of student leaders dedicated to social equity and diversity. Held each Fall.	<u>Conference on Inclusive Leadership</u> Annual conference focused on developing leadership and advocacy skills for diversity and social justice. Held each Spring.	
	<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.	

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

- Upon completion of two plunges, students will be entered in a semester raffle to receive \$50 in Captain's Cash.
- Upon completion of four plunges, students will be entered in a semester raffle to receive \$100 in Captain's Cash.
- Students who complete the Cultural Plunge will be invited to a recognition reception for their commitment.

Finding Plunges

- A calendar of plunge activities and events are distributed each semester to help students identify cultural plunge experiences on campus.
- You may also go to the Office of Student Activities (DSU, Suite 330) or contact ben.cowman@cnu.edu for more information.
- Please be mindful of your own social identity in order to determine what qualifies as a cultural plunge for you!

Reporting Plunges

- Students must report completion of the activity within the same semester in which it was completed with the exception of study abroad.
- 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.
- All submissions are reviewed and approved by the Office of Student Activities.



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.

Attend all three Global Competency workshops in any order!

Global Competency Workshop No. 1

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?

Global Competency Workshop No. 2

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.

Global Competency Workshop No. 3

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.

Complete the Cultural Plunge Program

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!

TAKE THE CULTURAL
plunge!

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.



How the Safe Zone Certification works

Attend two Safe Zone training workshops

Safe Zone, Part One: Born This Way

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.

Safe Zone, Part Two: Allyship

This Safe Zone workshop is *open to those who have already attended Born This Way*, 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.

Students, faculty and staff who are interested in earning Safe Zone Certification must register and attend both workshops in sequential order.

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