I had the opportunity to attend the Office of Early Academic Outreach’s (EAO) College Academy for Parents on Wednesday, January 31, 2018 at Apollo Middle School in the Sunnyside School District. There were approximately 600 to 700 students and parents all eager to learn about college and how to prepare students for participating in higher education. Congratulations to the EAO (featured on page two) staff on their success in engaging a large number of families in exploring the college-going process. I have attended other events sponsored by EAO and inevitably they are very well attended by families and students.

EAO’s work is a reminder of the increasing diversity of students who will be coming to the “dance” and the need to continue to renovate and change the ballroom (e.g., UA) in order for those students to be asked to dance. This is the essence of Inclusive Excellence: structural cultural change by embedding diversity and inclusiveness throughout every system at the UA. We are on track toward creating the engaged Inclusive Excellence university. We have more than 24 committees working on diversity and inclusiveness.

The 2nd Annual Inclusive Excellence Symposium on March 30, 2018 will be an opportunity for the UA community to continue thinking about and implementing Inclusive Excellence. This year, Dr. Amanda Kraus, Interim Executive Director of Housing and Residential Life and Director of the Disability Resource Center, will be the opening keynote speaker on the topic of disability and Inclusive Excellence. The luncheon keynote will be delivered by Dr. Damon Williams, Chief Catalyst for the Center for Strategic Diversity Leadership and Social Innovation, who is an expert on Inclusive Excellence. This year, the Office for Diversity and Inclusive Excellence will partner with the ASUA Food Pantry to collect food donations and address issues of food insecurity at the UA. Registration (coming soon) for the symposium is free. We will be asking for food donations to support the pantry. This is one of the issues raised by the Marginalized Students of UA two years ago.

Thanks for everything that you do to practice Inclusive Excellence, support our UA students, and keep us on track for becoming the Inclusive Excellence University for the 21st century.

Jesús Treviño, Ph.D.
Vice Provost for Inclusive Excellence and Senior Diversity Officer
The mission of the Office of Early Academic Outreach (EAO) at the University of Arizona is to increase the number of low-income, underrepresented, and first-generation college-bound students. Working directly with students, the staff of EAO prepares them for college through curricular development in math, English, science, social science, foreign language, and fine arts. In addition to academic support, the EAO staff encourages students to engage in leadership opportunities, become involved in, and to give back to their communities.

Families play a critical role in a student’s decision to apply to college. EAO works with families, connecting them with staff and faculty who can cultivate positive working relationships. The office supports students and their families by providing them with financial education—from financial aid to scholarships—so that they understand the resources to enhance their student’s education.

Additionally, the EAO partners with the K-12 system where educators, counselors, and administrators function as student advocates, opening the path to a college education. For example, last month, 140 middle and high school counselors and educators attended a College Knowledge for Counselors event in Phoenix, in order to gain the skills needed to support and excite college-bound students.

The EAO strives to foster an encouraging environment where students come to know their strengths and identify places to grow. Originally a part of a pilot program, the partnership that has emerged between EAO and ODIEX has demonstrated how important it is to engage students at an early age. We are excited to see this partnership continue and look forward to the continued implementation of Inclusive Excellence at the University of Arizona.

For more information go to: http://eao.arizona.edu/
Mental Health Wellness

The Program for Mental Health Wellness of the Office of Diversity and Inclusion strives to create an aware and educated University of Arizona Health Sciences community of students, faculty, and staff that values mental health wellness and promotion and is committed to inclusive excellence.

Free and confidential services include:
- Consultation for students and faculty
- Assessments
- Referrals to campus and community resources
- Brief individual therapy
- Trainings on mental health topics
- Support group facilitation
- Class presentations
- Workshops

For more information contact Alison Sutton-Ryan at asuttonryan@email.arizona.edu

Visit: https://diversity.uahs.arizona.edu/mental-health-wellness

For more campus resources visit: https://www.health.arizona.edu/counseling-psych-services

2nd Annual UA Inclusive Excellence Symposium

Inviting Communities to Dance: Sustaining a Culture of Responsibility, Accountability and Collaboration
March 30, 2018 | 8:00 AM – 5:00 PM | North Ballroom SUMC

Join ODIEX and our co-sponsors for the 2nd annual inclusive excellence symposium, where attendees learn about issues of and solutions to campus diversity and inclusive excellence. There will be 18 educational workshops, two keynote speakers featuring Dr. Amanda Kraus (left) and Dr. Damon A. Williams (right), and a free lunch. This year, the Office for Diversity and Inclusive Excellence will partner with the ASUA Food Pantry to collect food donations and address issues of food insecurity at the UA.

The symposium is free. Registration coming soon!

For more information go to: http://diversity.arizona.edu/ua-inclusive-excellence-symposium
Spotlight: UA Indigenous Collaborative Network

The University of Arizona Indigenous Collaborative Network is a Native American-serving, campus organization for staff and faculty who are citizens of, serve, and/or work with, Native Nations and their students. We want to foster campus networking and collaboration opportunities that will help us all become more intentional in our partnerships and programming. In doing so, we hope to become more effective at recruiting and retaining Native/Indigenous students, engaging Native/Indigenous students in research, building and supporting Native Nation and student-oriented campus events, and ultimately becoming a better institutional partner to Native Nations.

We meet the fourth Wednesday of every month; on-campus meeting locations can vary. Join the indigenous_collaborative_network@list.arizona.edu by emailing Verónica Hirsch, vrhirsch@email.arizona.edu. For meeting dates, initiatives and more information, go to: http://www.nncap.arizona.edu/.

Queer Migration Network Conference

The Queer Migration Network (QMN), a research initiative of the Institute for LGBT Studies, is hosting a graduate student conference titled “No Bans, No Walls, No Detention Cells: A UA Graduate Student Conference on Migration.” The conference will be held on Friday, April 13th, 2018, and is free and open to the campus and the general public. This conference brings together graduate students from across UA departments and disciplines to share immigration research. Panels and the featured keynote speaker, Sharita Gruberg from American Progress, will center scholarship that explores how sexuality, gender, race, class, religion, geopolitics and other hierarchies comprise sites for struggle and possible transformation of current immigration systems.

For more information email Ruben Zecena at rubenz@email.arizona.edu.
Tips From the Disability Resource Center: Office Ergonomics

Sit-stand desks, treadmill desks, standing boards, kneeling chairs, ball seats...we all have different ideas of our ideal ergonomic workspace. While correct angles and neutral body positions are aspects of good office ergonomics, no particular position is the answer. Variation and change in work posture over the course of the day are important aspects of good office ergonomics that can often be overlooked.

It’s important to remember that pain and discomfort, though often tolerated by many office workers, are not normal. Good ergonomic workspace design and proper ergonomic equipment can help ensure comfort, prevent injuries and improve work performance. Here are a few tips for good office ergonomics:

• Move between different postures throughout the day.
• Adjust your chair’s seat and backrest to vary your work posture – move and change posture in relation to your task.
• Move your chair so you are sitting close to your work. Avoid postures where you are working with a bent back and neck or with a long distance to reach.

The University has developed Ergonomic Workplace Guidelines to help departments create safe and healthy work environments. The DRC arranges reasonable accommodations for disabled and pregnant employees, including most employees with long-term health conditions. Although the primary responsibility for providing ergonomically appropriate workstations lies with departments, employees who would like to request a reasonable accommodation related to their workstations should contact the DRC.

Questions or want more information about planning accessible events? Contact Eric Bell at DRC-events@email.arizona.edu.

Activities

Cultural Cuisines: New Orleans Beignet

What you will need:
3/4-cup lukewarm water
1 (.25-ounce) packet active dry yeast
1/3-cup sugar
3 3/4 – 4 cups all-purpose flour
Pinch of salt
1 large egg
1/2-cup evaporated milk
3 tablespoons melted butter
1-teaspoon vanilla extract
Oil, for frying
Powdered sugar, for dusting

Get the recipe: https://www.africanbites.com/new-orleans-beignet/

Dr. Martha Gulati discusses heart disease and ways to keep your heart healthy. Check out tips in this video series from the University of Arizona College of Medicine – Phoenix:

http://phoenixmed.arizona.edu/hearttoheart
Upcoming Events

February 2018
Multicultural Holidays

February is Black History Month
February 1: National Freedom Day
February 13: Maha Shivaratri
February 13: Mardi Gras
February 14: Ash Wednesday
February 15: Nirvana Day
February 16: Chinese New Year
February 16-18: Losar
February 19: Presidents Day
February 24-March 1: Intercalary Days
February 28-March 1: Purim

Violence, Trauma, and Resilience:
A Community Conversation
Thursday, February 8th, 6:00 PM - 7:30 PM
Location: Dunbar Pavilion at 325 W 2nd St.

Violence, Trauma, and Resilience:
A Community Conversation
Friday, February 9th, 12:00 PM - 5:00 PM
Location: Gender and Women’s Studies Conference Room at 925 N. Tyndall Ave.

African American Student Association (AASA) Presents: African American College Day
Saturday, February 10, 10:00 AM - 2:00 PM
Location: Student Union Memorial Center

Free Film: Cool Runnings (Loft Jr. Series)
Saturday, February 10, 10:00 AM
Location: The Loft Cinema

UAHS LGBTQ+ Interest Group 2017-2018 Series: Transgender Healthcare
Thursday, February 15, 12:00 PM – 1:00 PM
Location: Kiewit Auditorium
RSVP: https://tinyurl.com/FebLGBTQ

UA South M.Ed presents: Living and Learning on the Border Symposium
Saturday, February 17, 2018, 9:00 AM - 11:30 PM
Location: The Bisbee Royale
For information contact: iselafranco@email.arizona.edu

African American Student Association (AASA) Presents: Kingian Non-Violence Legacy Project Workshop
Saturday, February 17, 9:00 AM - 4:00 PM
Location: MLK 100

Black Panther Screening
Tuesday, February 20, 5:30 PM
Location: Cinemark Tucson Market Place

The Struggle Story
Tuesday, February 20, 5:00 PM – 8:30 PM
Location: Center for Creative Photography
RSVP Required

Thursday, February 22, 6:00 PM
Location: UA Center for Creative Photography

Rising Star’s The World Alive Drama Ministry Presents: “The Far By Faith: Keep Your Eyes on the Prize”
Saturday, February 24, 5:00 PM
Location: 2800 E. 36th Street, Tucson, AZ 85713

African American Student Association Block Party
Wednesday, February 28, 5:30 PM
Location: African American Student Association

Indigenous Collaborative Network Meeting
Wednesday, February 28, 12:00 PM
Location: 1064 East Lowell Street, Room S215

ODIEX CatChat: Kristi Sprowl
Friday, March 16, 12:00 PM - 1:00 PM
Location: Gender and Women’s Studies Conference Room at 925 N. Tyndall Avenue

Do you have an event that you would like featured in our newsletter and/or listserv? Contact our administrative assistant, Georgine Speranzo georgine@email.arizona.edu