



# Student Life, Diversity & Leadership

## Values and Directions

### What Is Student Life, Diversity & Leadership and Why Is It Important?

In graduate school, you prepare for a career and the rest of your life. It is critically important to do more than just go to class. Course work helps you ready yourself academically. But academic success that leads to career and life success depends on self-management, leadership, connecting with others, and the many personal strengths and skills that you develop when you engage in the life of a community.

Diversity and inclusivity matter to the CGU community. We seek to reach out to all students and all identities to form a strong community. We value the myriad identities, experiences, and stories you bring with you as part of the excellence in scholarship and graduate student life that we aim to foster. Each student who enters CGU is a unique individual, but all of us share a common humanity.

We invite you to find your niche with the different organizations that can support your needs and interests, while also connecting across diverse groups, experiences, and ideas. Engaging with this community will make visible the myriad support systems and resources that you can draw on for success. You will also find spaces, people, and opportunities that speak to your interests and needs. Graduate school can be a time of hard work, deep thought, and great camaraderie and support; it is where you can make networks for success and friends for life. Whether you do this or not is entirely in your hands; only you can make it so. Reach out and engage.

### Directions for Thinking About Student Life

These questions help you reflect and prepare to use the navigation tools and checklists effectively.

- What are some of my specific academic needs and interests?
- What are some of my non-academic needs and interests?
- When I contemplate the demands of my academic work at CGU, what are some barriers or challenges that I anticipate and who can help me think strategically to manage them?
- What are the strengths I bring to CGU that can help me succeed? What strengths do I have that will allow me to contribute to help my peers? Where might I play a leadership role, formally or informally? Who can I speak with about this?
- Where are the places and the organizations at CGU that are engaging students in connecting with each other and developing interpersonal and leadership skills? How can I be involved?
- Visit the Student Life, Diversity & Leadership (SLDL) Office to find out more about how we seek to work inclusively with all students at CGU and how you can get involved.



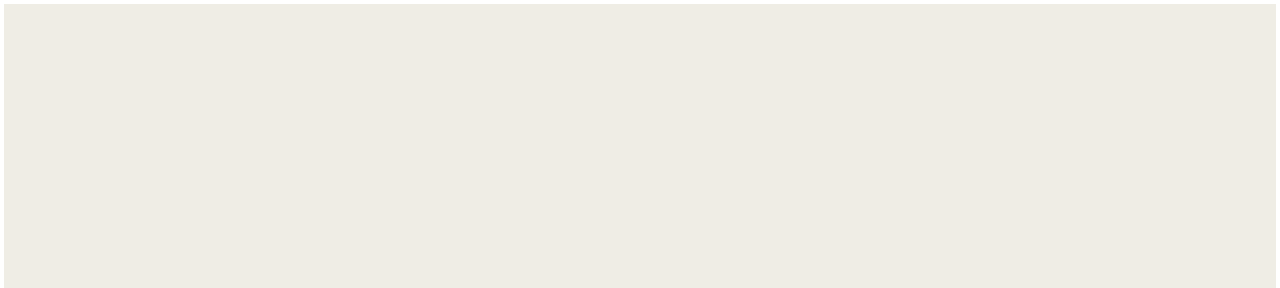
# Student Life Planning Navigator

Get off to a strong start in engaging with your community at CGU. Use this checklist to find out about and connect with valuable resources and people at CGU.

**The name of my dean of students and the official website (bookmark this for easy access):**

---

What are three critical roles of my dean of students in relation to my success at CGU?

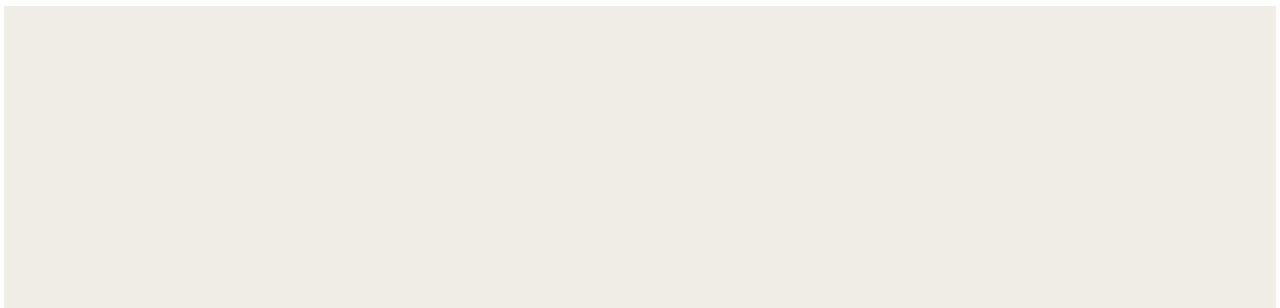


**Student Life, Diversity & Leadership (SLDL) office administrator names and website (bookmark this for easy access):**

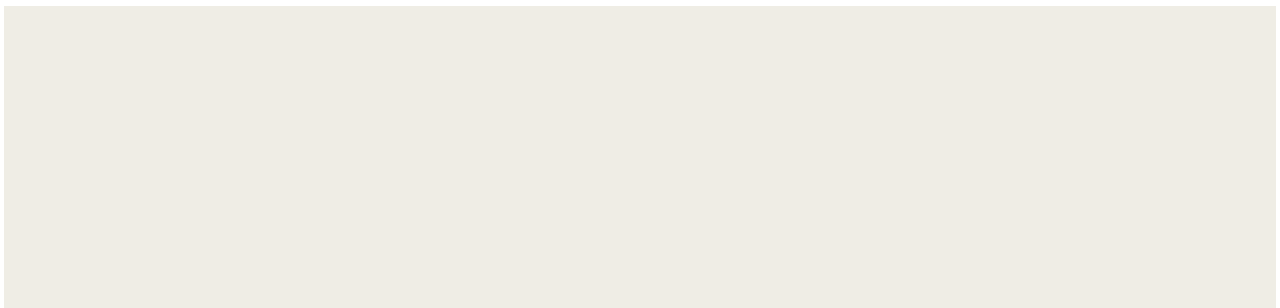
---

The Student Life, Diversity & Leadership (SLDL) Office works to engage students, faculty, and staff in ways that promote and develop an inclusive and diverse environment. Beyond raising awareness of issues, SLDL helps the CGU community attain our shared values by advocating for social justice and working to institutionalize policies of equity and inclusion into the fabric of the university.

**Write the names and roles of the SLDL team:**



What are three critical roles of the SLDL office in relation to my success at CGU?



# Exploring Student Life Engagement Opportunities

Student life is more than just joining student clubs and attending events. Student life is a gift, an opportunity to enhance and develop skills and strengths, and to develop networks that can help you grow and succeed in graduate school and beyond. Here is a short checklist to get you started. But remember, *you* create your student life so let your interests and needs lead you ... Be creative and connect!

## The Office of Student Life, Diversity & Leadership (SLDL)

- I have visited the SLDL house.
- I have attended a social event at the SLDL.
- I have attended a scholarly event at the SLDL.
- I have participated in a leadership or diversity workshop.
- I have explored the SLDL website in the portal and bookmarked its key pages.
- I know where to find the SLDL calendar.
- I have spoken to the SLDL staff about their mentoring programs.

## Graduate Student Council

- I have attended a GSC general meeting.
- I know who the GSC Executive Board Members are:
  - President: \_\_\_\_\_
  - Vice President: \_\_\_\_\_
  - Secretary: \_\_\_\_\_
  - Treasurer: \_\_\_\_\_
- I know my school delegate on the GSC. His/Her/Their name is: \_\_\_\_\_
- I understand the role of the GSC in advocating for students and building community.
- I have attended a GSC hosted event.
- I have explored how I can engage to serve with the GSC.

## Student Clubs/Organizations and School Associations

- I have ascertained if my school has a formal student association and have met the students who are involved in running it.
- I understand the role of my school's student association and how I can engage with it.
- I know where to find information about the different student clubs and organizations.
- I have participated with clubs and organizations that are relevant and interesting to me.
- I have taken leadership roles in student associations and clubs.

## Exploring Diversity of Identity

Who we are, our histories, and the contexts from which we come play a part in how we journey through graduate school. Each one of us embodies multiple facets of identity and experience that we bring to everything we do. And we each seek to belong to a community that we value and that in turn values us. How many of these facets of identity and experience apply to you?

- I am a person of color and identify as \_\_\_\_\_
- I am a person of faith and practice a religion \_\_\_\_\_
- I am an international student.
- I am a first-generation graduate student.
- I am a returning student, having spent years after undergraduate education in a career.
- I am a full-time student.
- I am a part-time student.
- I need accommodation for a physical or learning disability.
- I live close to CGU.
- I commute quite a distance to CGU.
- I work full-time.
- I work part-time.
- I only work on campus.
- I struggle financially.
- I struggle with physical, learning, or mental health challenges
- My gender identity is \_\_\_\_\_
- My sexual orientation is \_\_\_\_\_
- I am a parent with children, or care for others who depend on me (for example, parents, relatives).
- I have a partner/spouse.

What other facets of identity and experience can you add to the list?

We hope this checklist makes you aware of how much you bring to your progress through CGU, and also how complex you are in the connections you seek consciously or unconsciously. Depending on your particular intersection of identities and experiences, think about the kind of communities you want to engage with that would be strong resources and support for you. Explore the organizations at CGU and in the wider Claremont University Consortium that might be just what you need.

## Diversity and Community: Finding Your Space at CGU

Diversity and inclusivity matter to the CGU community. And we recognize your need to find affiliation groups for support and resources. Check out these spaces and how they can be a good resource for you:

- Chicano Latino Student Association (CLSA)
- Office of Black Student Affairs (OBSA)
- Queer Resource Center (QRC)
- CGU Disability Services and the Student Disability Resource Center (SDRC)
- McAlister Center—a multi-faith center for spiritual life and well-being
- International Place (iPlace)

I have read their mission statement and their programming.

I have selected events and workshops that will be useful to me for academic, professional, and personal development for success in graduate school and in life.

List three ways that engaging with \_\_\_\_\_ helps me become more integrated and successful in graduate school.

List three ways in which engaging with \_\_\_\_\_ builds my confidence in my identity.

**Is there an specific group you would like to see that is missing?** Speak to the SLDL team about it and to see if they can help you find something.

# Growing Through Community Engagement

## Looking Back to Student Life at My Last Institution

Think about your last institution of study. Were you actively engaged with your peers and the student community outside of class? What were your opportunities and challenges or barriers to engagement? What did you find valuable? What questions arise about how you might have gotten more from student life in your previous tenure as a student that would have helped you academically, professionally, and personally?

## Looking Ahead to Student Life at CGU

Think of three good reasons why engaging in student life, diversity and leadership at CGU can help you for each of these areas of development:

1. Academic development

---

---

---

2. Professional and career development

---

---

---

3. Personal/identity development

---

---

---

## Taking Initiative

Many of our student clubs and activities have grown out of the initiative of a few students who were passionate about something. Is there an idea or interest you have that might take root and grow at CGU? Ask how you can make something happen, how you can bring your knowledge, skills, and capacities to contribute to the life of the university. In doing so, you too will grow in your leadership. Consider these questions to help you think about this:

1. Are there student organizations in which my knowledge, skills, and interests would fit?

---

2. Who do I contact in these organizations to explore how I can contribute?

---

3. How can the GSC or the team at SLDL advise me on connecting with others and sharing my ideas and interests?

---



## Consider Your Leadership Skills

Which of these are your strengths? If you have an area you are strong in, how can you use it to help others and yourself at CGU? Which of these do you want to develop or improve? Who can you talk to and where are the resources and opportunities to help you develop these capacities?

Strength	This is my strength	I want to improve
I seek to understand the viewpoints of others.		
I see differences as valuable to any collective effort.		
I speak up to share my ideas and perspectives.		
I am comfortable speaking up in public.		
I am good at presenting ideas in public.		
I can modify and change my ideas and perspectives.		
I seek feedback as a valuable way to improve and develop myself and the work I do.		
I accept feedback without being defensive.		
I can justify my ideas and perspectives using valid evidence and reasoning.		
I take responsibility for my words and actions.		
I share my experiences with those who come after me to help them grow.		
I know how to balance my time and energy among my multiple roles and responsibilities.		
I seek my own wellness physically, emotionally, and intellectually so that I can fulfill my responsibilities.		
I find ways to flourish so that I can enjoy what I do.		
I am good at giving constructive feedback to others.		
I know how to facilitate good discussions that help others share their ideas and perspectives.		
In team work, I do my part toward meeting team goals and deadlines.		
I enjoy problem-solving.		
I have strong self-management abilities (managing time, organizing resources, coordinating with other people's schedules)		
<i>Please note that this is not an exhaustive list; it gets you started. We invite you to add to this list as you explore and discover other strengths:</i>		