



# How To Develop Your Cross-Cultural Skills

## Overview

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This workshop will help students develop a mindset of inclusiveness, which is a conscious commitment to engage and include everyone's perspectives and different talents and to value and incorporate everyone's unique contributions. Students will learn how to increase their cultural responsiveness by gaining insight into their own values and by evaluating their perceptions about those who are different from them. In addition, they will identify strategies for becoming more culturally responsive and inclusive, which will help them to be more effective in the important conversations and decisions they are involved in now and in the future.

### Objectives:

#### Students will learn:

- Examine inclusiveness, cultural responsiveness, and their benefits
- Increase awareness of ethnocentrism and microaggressions
- Gain insight into your own current values
- Evaluate your perceptions and perspectives
- Identify beliefs, emotions, and/or behaviors that may interfere with interpersonal interactions
- Discover how cognitive biases negatively impact inclusiveness
- Explore your own Implicit Associations
- Identify preliminary strategies to foster student engagement and empowerment
- Identify strategies for becoming more culturally responsive and inclusive

**Please Note:** StudentLingo individual products and packages for students, such as Title IX, Campus Culture & Inclusivity Package are not part of the Go2Knowledge membership.

## Presenter

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**Dr. Peggy Mitchell Clarke**

*Community College of Aurora*

Dr. Peggy Mitchell Clarke is a clinical psychologist, mental health consultant, and retired psychology professor who earned her Bachelor's degree in Psychology from Brown University and her M.Ed. and Ph.D. in Clinical Psychology from the University of Virginia. Dr. Clarke worked as a psychotherapist in a wide variety of inpatient and outpatient mental health settings, and served on the Colorado state board of NAMI (National Alliance on Mental Illness) and as an executive officer for the Virginia and Rocky Mountain chapters of the Association of Black Psychologists. Her experience in higher education includes teaching psychology for 19 years at colleges and universities in Virginia and

Colorado and serving as Director of Faculty Professional Development at Community College of Aurora and Associate Director of Career and Counseling Services at Christopher Newport University. Dr. Clarke is the author of *Do Something Different...For a Change: An Insider's Guide to What Your Therapist Knows (But May Not Tell You)* and *Doggie Tales: Lessons on Life, Love, and Loss I Learned From My Dog*. The host of the *Living Well with Dr. Peg* radio program, she also appeared on Denver's 9News Morning Show. She currently serves on the Behavioral Intervention Team at Community College of Aurora and is the President of Living Well Press, a mental health and wellness consulting firm and publishing company. Learn more at [www.DrPegOnline.com](http://www.DrPegOnline.com)