



## UCF Cares Certification: 2016 Leadership Week

Students who successfully complete all 4 out of 6 sessions (or 3 sessions and the alternative assignment) will receive a UCF Cares Advocate Certificate, UCF Cares giveaways and t-shirt, and recognition from UCF Cares.

**2/22: 1:00pm**      The UCF Creed: Learn It & Live It      SU 220: Sand Key

There is an expectations of Knights as members of the UCF community to uphold the tenets of the UCF Creed. What does demonstrating Integrity, Scholarship, Community, Creativity, and Excellence mean? This interactive session will teach you more about the true meaning behind each tenet of the UCF Creed.

**2/22: 6:45pm**      Navigating Through a Life of Poverty      SU 316A

Can you endure a month living in poverty? Find out by joining us for our event Navigating Through a Life of Poverty: An Interactive Simulation presented by Student Care Services and Northland Church. Please join us from 6:45pm-9:30pm. You must RSVP to attend the event, as there are limited spaces available. RSVP on Eventbrite: <https://goo.gl/STmJv1> *RSVPs will close on Sunday February 21st at 5pm.*

**2/23: 2:00pm**      UCF Cares: Building a Culture of Care One Knight at a Time      SU 220: Sand Key

Starting a conversation with someone who is angry or in distress can be difficult. Come learn how to help us build a culture of care. This workshop will cover key indicators and provide talking points when engaging with students struggling with day-to-day challenges. This workshop will focus on what UCF resources are available to assist students and what community services may be beneficial for a variety of academic, personal, and financial situations.

**2/24: 2:00pm**      QPR Training: Assisting Students in Distress      SU 223: Cedar Key

QPR (Question, Persuade, Refer), guided by certified trainers, is a program designed for everyone to learn what can be done to prevent suicide. The program goal is to train faculty, staff, students, administrators, parents, and community members in how to effectively recognize and refer persons in distress to campus and community resources.

**2/25: 2:00pm**      Mentors in Violence Prevention Training      SU 220: Sand Key

Mentors in Violence Prevention (MVP) training is a series of highly interactive facilitated discussions focusing on confronting, interrupting, and preventing gendered violence. Session goals are to; raise awareness, challenge thinking, open dialogue, and inspire leadership. MVP focuses on: the social construction of masculinity as it relates to unhealthy behavior, sexual objectification of women, sexual harassment, battering and sexual assault believes men and women need to work together to end gender violence on college campuses.

**2/26: 12:00pm**      UCF Cares Student Panel: Leadership through Service      SU 316A

UCF Cares Student Group members and Student Care Services work together to educate students about the services and resources that support UCF Knights every day. Come hear from your fellow Knights about how they help or were helped by UCF Cares and are able to be success at UCF. This panel will discuss real-life examples of helping those in need and ways to get involved with UCF Cares. Topics covered include food security, homelessness, crisis and distress.

Alternate Assignment: <http://ied.sdes.ucf.edu/creed>

Students who are unable to attend one of the sessions, but would still like to receive credit for the UCF Cares certification can complete the online UCF Creed assignment to replace one of the facilitated workshops. Students who complete the online assignment will be given credit for the assignment once it is reviewed by a UCF Cares team member. Due by February 26<sup>th</sup> at 5:00pm.