

**FROM
CARING
COMES
COURAGE**



UCF Cares Certification: 2018 Leadership Week

Students who successfully complete all 4 out of 5 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.

2/19 at 1:00pm

The UCF Creed: Learn It & Live It

Student Union 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.

2/20 at 1:00pm

UCF Cares: Building a Culture of Care One Knight at a Time

Student Union 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.

2/21 at 2:00pm

QPR Training: Assisting Students in Distress

**Student Union
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.

2/22 at 11:00am

PhotoVoice: Exploring Interpersonal Violence through Photos

**Student Union
Key West AB**

PhotoVoice is an interactive workshop that explores the topic of interpersonal violence through the medium of photography. Attendees will learn about the types of interpersonal violence, campus resources for those impacted by it, and how to support those impacted by it. Attendees should bring a smartphone or tablet with a camera, as well as be ready to be creative and move around!

2/23 at 12:00pm

**UCF Cares Student Panel:
Leadership through Service**

Student Union Sand Key

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 25th at 11:59pm.