

Duquesne University | Office of Diversity and Inclusion

# Resilience In Motion Certificate Program (R.I.M.)

R.I.M is a support initiative for students of color at Duquesne University. The mission of R.I.M. is to empower students of color to utilize resilience to positively influence their lives. The overall goal of R.I.M. is to foster resilience for students in their social, academic, and professional areas.

## Wednesday, September 9, 2020 | 6 p.m.

### Opening Ceremony

Please join other program participants and various university staff members as we officially launch the Resilience In Motion (R.I.M.) Certificate Program. A program overview, review of the program schedule, participation expectations, and overall desired outcomes will be provided.

## Wednesday, September 23, 2020 | 6 p.m.

### Session 1: Important Qualities of Leadership

An overview of important qualities of leadership including perseverance, self-awareness and the overall utilization of resilience will be discussed. This student-only meeting will be led by proven student leaders in the Office of Diversity and Inclusion.

#### Facilitators:

**Savannah Greggs:** Fourth Year, Physician Assistant Program, Pre-Orientation Program Director - Office of Diversity and Inclusion

**Machaela Simmons:** Third Year, Physical Therapy

**Andrew Lutterodt:** Third Year, Pharmacy

## Wednesday, October 14, 2020 | 6 p.m.

### Session 2: Mental Health & Well-Being 101

The mental health and well-being of all students is critical to their overall development and success. Utilizing a mind, body and spirit approach to wellbeing, various techniques and skills will be provided by staff members from the Duquesne University - Counseling and Wellbeing Center.

#### Facilitators:

**Ashley James, MA:** Mental Health Case Manager/Intake Coordinator/Triage Therapist, Center for Student Wellbeing

**Quincy Stephenson, LSW:** Assistant Director, Outreach Coordinator, Center for Student Wellbeing

## Wednesday, October 28, 2020 | 6 p.m.

### Session 3: Preserving Your Identity

Students often do not understand their personal identity, the complexities of it and how it can ultimately impact their lives inside and outside the classroom. This session will challenge each participant to learn about their identities, make sense of influences that impact them and provide examples that connect resilience to preserving your identity.

#### Facilitators:

**Dr. Alydia Thomas:** Associate Director, Office of Residence Life for Student Development and Programming

**Dr. Anthony Kane, Jr:** Assistant Director, Office of Residence Life, Co-Advisor, Collegiate 100 Chapter

## Wednesday, November 11, 2020 | 6 p.m.

### Closing Ceremony

Please join other program participants and various university staff members as we conclude the program. The closing ceremony will feature program student testimonials and staff insight that highlight the need for resilience. A keynote speech centered on student resilience will also be delivered. Formal recognition of program completion for each student will end the ceremony.

### TO REGISTER OR FOR MORE INFORMATION, CONTACT:

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