



# EXPLORING THE NEW NORMAL

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# Description

- Community Tragedies are occurring in our local and global communities at a rapid pace. How are we ensuring that our students are taking care of themselves and feel supported? How are we, as student life professionals seeking support? Join the Cross Cultural Centers to discover ways to challenge the new normal with scholars and provide spaces and dialogues of support.



# CONTENT NOTE

This workshop will include discussions of violence and tragedies.



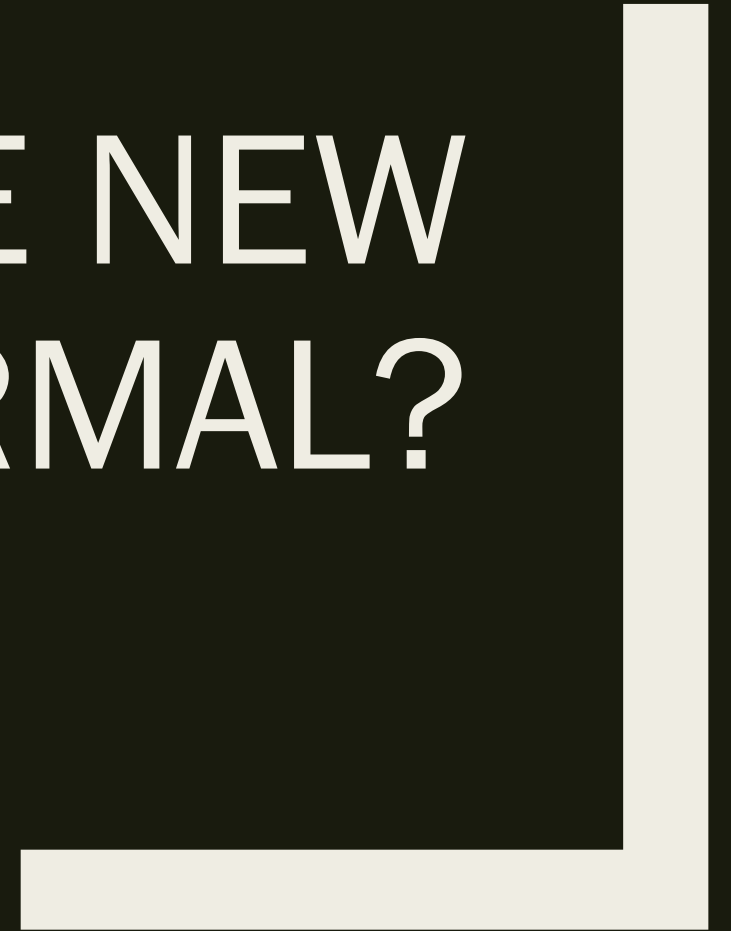
# Community Agreements

- Confidentiality: What is shared here stays here, what is learned here leaves here
- Use "I" statements
- Multiple truths
- Challenge the idea, not the persxn
- Space<sup>2</sup>: Take space, make space
- Care<sup>2</sup>: Self-care and collective care
- Own your impact; hold your intentions
- Lean into discomfort

# Community Tragedy

- is an event that cause great suffering, destruction, and distress on a specific affinity group. In definition, Community Tragedy is an event that can impact communities far from the geographical location (Victa, Ashley-Cruz, & Muñoz, 2015).

WHAT IS THE NEW  
NORMAL?



# The New Normal

- The political center being pulled right.
  - #AllLivesMatter
- Constant crises and community tragedies happening at once.
  - No, slow, or harmful responses from leadership
- White supremacy went from covert to overt.
  - Election
  - Charlottesville
- Universities and Institutions overtly making stances in solidarity against injustices.
  - University of Florida, Penn State, Michigan State, Louisiana State, Texas A&M prohibiting a white supremacist speaker from coming onto campus
  - NASPA support letters
- Movements on media platforms and heightened civic participation in people.
  - People coming together to raise money for Puerto Rico hurricane
  - #BlacksLivesMatter, #MeToo
- Increased critique of people in authority
  - Law enforcement
  - Film industry

# Oppression as Psychological Abuse

- Verbal abuse – criticizing, insulting, demeaning, name-calling a survivor
- Gaslighting – causing a survivor to question their reality through repeated lies and minimization of their own behavior
- Scapegoating – blaming others
- Constant crisis – overwhelming a survivor with crisis after crisis, thereby occupying their attention, resources, and time
- Lack of accountability
- Controlling the information and people you have access to
- Depersonalization – thinking about and treating a survivor as if they have no humanity or individuality



# Discussion Questions

- *How has the New Normal shown up on campus?*
- *How have you been navigating the New Normal in your work place as a Student Life professional?*

# Best Practices: Critical Love

- Clarity over Neutrality
- Believe People
- Healthy, Open Discussion
- Understanding the Ability to Consent to Conversations (Positionality)
- Transparency
- Encourage Emotional Intelligence
- Flexibility in Routine/Productivity
- Challenge Norms to Meet Needs
- Taking Accountability