

Applying Includer Talents in Academics

These insights and action ideas can help you apply Includer talents to achieve in various aspects of your academic life.

General Academic Life

- In small groups in class, try to get each student to participate. Ask him or her for opinions.
- Ask shy people to walk to class with you.
- Research people of different cultures in your community. Invite some of these people to attend a community or university event with you.
- Attend lectures or speeches by guest speakers of different nationalities. Introduce yourself to others attending the session, drawing them into a conversation with you.

Study Techniques

- Study with other people. If someone in the group is not talking, try to bring him or her into the conversation.
- Invite someone who is shy but intelligent to study with you.
- Start a small study group of people who seem more hesitant to talk, and include a couple of more verbal people as well.
- Search out books on the culture of a prominent ethnic group in your community. Use your new information to help include some people of this culture in activities in which you participate.

Relationships

- Expand your relationships to have a diverse group of friends with whom you participate in activities.
- You can adjust to many types of people and help them feel welcome. Invite others to your social activities.
- Welcome new students to your dorm or living space. Many people assume that others will just make themselves at home. You help them feel a part of the group.

Class Selection

- Sign up for classes in which you will learn more about the uniqueness of particular groups of people. Use this information to help them feel included.
- Select classes in which the professor tries to involve each student.
- Select classes that promote diversity.

Extracurricular Activities

- Your ability to help others feel like part of the group will make you a valuable member of student organizations and service groups.
- Help tutor those who do not have the social or economic privileges you have. Develop or participate in programs that promote diversity.
- Volunteer to help with a cause such as Special Olympics.

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