

Latino Community Stage



Workshop
Summary

Social Courage

Peer pressure can sometimes become more influential than we think. The decisions that young students make can threaten or strengthen academic goals in and outside the classroom. How can aspiring academics affirm their own interests, attitudes and values while avoiding a sea of opinions and mindless conformity? This workshop focuses on better understanding what social courage is and how to develop social skills as added academic support. By the end of this interactive workshop participants will have opportunities to explore their unique strengths and inner voices as tools that counter obstructive social influences. Participants will learn defensive and offensive strategies to resist social pressures. In addition, participants will learn to seek peers and adults as social resources to develop social capital.

Workshop Description

Target Audience

Increase confidence & social skills needed to navigate social pressures

Primary Objective

- Middle school, high school, and university students (all majors welcome)
- Ideal for student led clubs/orgs, nonprofits, symposiums, & conferences

Our Goals

- Understand the importance of social interactions
- Identify common pitfalls and struggles within social interactions
- Introduce principles of social influence and social courage
- Present practical approaches to create positive relationships with others that promote positive outcomes outside and inside classroom setting

Desired Outcomes

- The ability to assess constructive and destructive decisions and behaviors within social settings
- Gain offensive and defensive methods of overcoming peer pressure
- The ability to seek and establish positive relationships with others

Topics Covered

- The Value of Social Interactions
- Types of Social Interaction
- Social Cognition
- Acting Collectively
- Three Voices That Matter
- Defensive and Offensive Interactions
- Resourcefulness Along the Way
- Developing a Personal Toolbox

Social Courage

Length of Workshop:

Workshop can be adapted to meet the needs of the group or event.

Where?

Due to covid restrictions, we are offering virtual workshops at this time. However, if your group would still like an in-person workshop at your facility, please let us know to make arrangements.

Workshop Fee:

One virtual workshop is free for the group. However, workshop series fee will depend on number of participants in cohort group and length of workshops. Program or organization is responsible for fee. All workshops are intended to be free for all students.

Book a Workshop

Contact our Event Coordinator at <https://www.latinocommunitystage.org/contactus> if you have any further questions or to book a workshop.

- Do workshop participants have to be Latino/a? Nope! Although the Latino/a population is our primary demographic, everyone is welcome to take part and contribute to workshops.

Important Notes:

- What's the process like? We keep things simple! Our event coordinator will answer any additional questions and send a simple checklist that will help organize the workshop or your event.
- Is there acting or theater involved? Why Latino Community Stage? Ah no, not at all. Much of what we do is about putting the best and brightest Latino/as on a *global stage* to celebrate their accomplishments. Take a look at LatinoCommunityStage.org.