

UNIT 10

Be Curious and Engaged

Many young people have found ways to express and empower themselves in difficult times as activists, artists, and students. **Connecting with others around shared values and interests can be a source of joy and meaning.** This week, we'll focus on who you are and how you want to express, embrace, and share with the world around you.

After you have explored the following tools, we have given you some reflection questions to harvest your most potent insights on the last page.



TOOL 1

Claiming Your Story

This tool invites you to reflect on who you are and what matters to you in your community. As you practice this tool, you may discover or affirm aspects of your identity. You also may find yourself thinking about assumptions people have made about you.

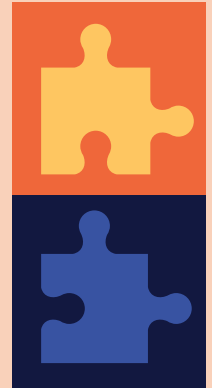
As Dr. Ben Kirshner suggests in his lecture, you can claim your own story and decide what kind of community member you want to be.



Choose two or more of the prompts below and write or draw your responses below:

Prompt Options:

- I value...
- What matters most to me is...
- I consider my greatest achievement to be...
- I am inspired by...
- If I could talk to my younger self, I would say...
- Something I really wish others knew about me is...
- The people who support me and what I want to accomplish in life are...



Responses:



TOOL 2

Express Yourself

“Without music, the civil rights movement would have been like a bird without wings.”
—John Lewis

We all express who we are in different ways. How do you want to express your perspectives about what is going on in the world and your community? What kind of music, art, or other forms of creativity might help you contribute to positive social change?

As Dr. Kalonji Nzinga explained in his lecture on activism in social movements: “I would argue that these are forms of cultural resistance and symbolic reintegration that are just as important as policy change.”

Choose at least one of the following activities to do this week:



Create your own masterpiece.

Create a piece of art that expresses your thoughts and feelings about whatever topic you think matters. You could draw a picture, write a poem, compose music, paint, create a collage, take photographs, or film a video. Maybe even share your masterpiece with others!



Connect with art.

Find a piece of artwork that inspires you, take a photo and keep it somewhere you will see it often. Take a few moments to reflect on the following questions: Whose art or activism has inspired you? Why did you choose this piece?



TOOL 3

Explore Connections and Social Movements

Your interests and values can be a **point of powerful connection on campus.**

This tool invites you to explore ways in which you can get connected with others who have shared interests and learn about ways to contribute your voice to social movements on campus.



Choose at least one of the following activities to do this week:



Look at this list of 365 student organizations at CU Boulder. Filter and search for groups that might offer you affinity for your identity and interests:

<https://colorado.presence.io/organizations>

Practice with the suggestions from Dr. Cheryl Higashida’s lecture for learning about student protests and organizing on the CU campus. Discuss your experience with friends or family.



REFLECTION QUESTIONS



In what ways did these prompts impact your imagination and expressiveness this week?



How might engaging with art help you to express your voice in the world?



In using the Claiming Your Story tool, what did you notice? In what ways have others made assumptions about you that do not reflect your true story?



Please share any student clubs and organizations you are drawn to.

