

SISTER TO SISTER: BLACK WOMXN EXPERIENCE IN AMERICA RETREAT

FEBRUARY 22ND, 2020
PACIFIC LUTHERAN UNIVERSITY

8:30-9:30 AM

CHECK-IN & BREAKFAST (INGRAM 100)

Take a seed and write down what you hope to get from the day!

9:30-10:00 AM

OPENING & WELCOME

10:00-11:00 AM

BREAK OUT SESSION ONE (INGRAM 109)

"SELF-IDENTITY THROUGH COMMUNITY DIALOGUE"

Strengthen our sense of community by strengthening our understanding of ourselves. This session is meant to explore what self-identity is as well as the different ways it can be understood in various contexts. We hope participants feel empowered to share this knowledge with others within their communities as a way to strengthen the solidarity amongst black womxn.

11:00-11:15 AM

BREAK

11:15-12:15 AM

BREAK OUT SESSION TWO (INGRAM 115B)

"SELF-IDENTITY THROUGH ACADEMICS & BEYOND"

Build off of the previous session by using our new understanding of ourselves (self-identity) and our community to navigate learning in academics and beyond. The goal of this session is to begin a conversation around surviving and thriving in Academic spaces (college/university) as well as life after (lifelong learning). We hope participants can find ways to rely on strength from their communities and from within themselves to define their successes in academics and in life.

12:30-1:30 PM

LUNCH

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1:30-2:00 PM

POST-LUNCH DANCE PARTY!

Get hype and dance!

2:05-3:00 PM

BIG SISTER PANEL (INGRAM 100)

Themes covered:

- Your experiences as a black womxn in academia/professional realm.
- Building and maintaining community.
- Breaking barriers and navigating your higher education experience.
- Navigating life after higher education. Self-identity and success.

3:00-3:35 PM

BIG SISTER PANEL Q&A (INGRAM 100)

Ask questions of our panelists.

3:35-4:00 PM

BREAK

Mix & Mingle!

4:00-5:00 PM

FINAL SESSION

Arts & Crafts Debrief

**STAY TUNED FOR THE NEXT SISTER TO SISTER
RETREAT APRIL 25!**