

# Brooklyn College's Intersession

## Students Building Unity Retreat: Toward Unity Week 2014

(Last Update January 7, 2014 –

The final program will be distributed during the pre-board bus meeting on 1/14/14)

**Theme:** Students Building Unity: Toward Unity Week, spring 2014

**Date:** January 14-16, 2014 (Tuesday, Wednesday, Thursday)

**Location:** Villa Roma Resort & Conference Center (<http://www.villaroma.com/>)  
356 Villa Roma Road  
Callicoon, NY 12723

### Training Program Goals:

Participants will:

1. Assess strengths in relationship building
2. Practice selected skills in conflict mediation and resolution
3. Participate in diversity activities
4. Collaborate on grant proposal for Unity Week 2014
5. Volunteer as part of Unity Week to implement proposals

**Host:** Brooklyn College Division of Student Affairs  
Office of the Vice President for Student Affairs  
2113 Boylan Hall, 718-951-5352  
[studentaffairs@brooklyn.cuny.edu](mailto:studentaffairs@brooklyn.cuny.edu)

## **Tentative Program**

### **Day 1: January 14<sup>th</sup>, 2014**

**8:00 a.m.** Sign-In and Breakfast - Student Center, Bedford Lounge, 2<sup>nd</sup> Floor

**8:45 a.m.** Ice Breaker

**9:00 a.m.** Pre-bus boarding meeting – Bedford Lounge

- Welcome/Introduce Bus Captains
- Retreat Goals, Ground Rules Reviewed

**9:30 a.m.** Board Bus in front of the Student Center – please be prompt!

**11:45 a.m.** Estimated Arrival/Check-In

**12:30 p.m.** Lunch (included)

**1:30 p.m.** Hotel Orientation

**2:00 p.m.** Leadership Compass Session

**3:00 p.m.** Distribute and Discuss Grant Proposal Plan

**4:00 p.m.** Content Workshops: Diversity 101 and Conflict 101

**5:00 p.m.** Break (a list of FREE activities available during this time will be provided)

**6:00 p.m.** Dinner (included)

**7:00 p.m.** Grant Prep Session #1

**8:00 p.m.** Evening Activity

**9:00 p.m.** Facilitator's meeting

## **Day 2: January 15<sup>th</sup>, 2014**

**8:00 a.m.** Breakfast (included)

**9:00 a.m.** Health and Wellness 101

- Yoga
- Nature trail (tentative)
- Alternative activity (TBA)

**10:00 a.m.** Icebreaker

**10:30 a.m.** Content Workshops: Diversity 101 and Conflict 101 (repeat of Tuesday's workshops)

**11:30 a.m.** Break (a list of FREE activities available during this time will be provided)

**12:30 p.m.** Lunch (included)

**2:00 p.m.** Student Panel/Discussion – “Exclusion is not Inclusion”

**3:00 p.m.** Grant Prep Session #2

**4:00 p.m.** Break (a list of FREE activities available during this time will be provided)

**5:30 p.m.** Presentation of Grant Proposals

**6:30 p.m.** Dinner (included)

**8:00 p.m.** Evening Activity

**9:00 p.m.** Facilitator's meeting

### **Day 3: January 16<sup>th</sup>, 2014**

**8:00 a.m.** Breakfast (included)

**9:00 a.m.** Free time/Pack up bags

**10:00 a.m.** Ice Breaker

**10:15 a.m.** Unity Week Grant Proposal recognition session

**10:45 a.m.** Assessment

**11:45 a.m.** Lunch (included)

**12:45 p.m.** Closing

**1:00 p.m.** Board Buses

**4:30 p.m.** Arrive at Brooklyn College (estimated)

***Building Unity Retreat: Toward Unity Week Spring 2014***  
***January 14-16 2014***

**\*\*\*Please share this information with your EMERGENCY CONTACT person at home \*\*\***

**Location:** Villa Roma Resort & Conference Center (<http://www.villaroma.com/>)

356 Villa Roma Road

Callicoon, NY 12723

Emergency Hotel Phone Number: 1-800-479-6895 x7075 (Matthew Martin)

**Purpose of the Retreat:** Through a series of experiential workshops, you will be challenged to collaborate and to learn about yourself and others.

**Ground rules for the program are delineated below:**

**Start on time, end on time** – the training design is organized on a “tight schedule,” therefore, it is very important that every attempt is made to be on time for each respective session. Be respectful of your team’s time.

**Open and honest communication-** optimal learning for all will take place when there is open and honest communication. Each participant’s involvement is important because we not only learn from the facilitators but also from each other.

**Take responsibility for your own learning-** you will get out of this program what you put into it. Active participation (asking questions, volunteering for activities, etc.) will pay you dividends, as well as assist each person in maximizing skill development.

**Respect and Language-** Maintain respect for the opinions of others and their right to speak. Each participant is expected to show respect to other participants. While you have the right to disagree with whatever is being said, each person has the right to his/her opinion and deserves your respect. Respect others in the same way that you would like to be respected by them. Be sensitive with the language you use, and abstain from language that would offend others.

**Confidentiality-** anyone attending the retreat is expected to maintain confidentiality regarding anything that is discussed at the retreat. This will avoid distortion of information and maintain confidentiality.

**Suspend previous judgments-** perceptions exist about each participant attending the retreat. To maximize your learning experience at the retreat, “let go of previous judgments and perceptions” of individuals- try to experience each individual as though you have met them for the first time.

**Attendance-** attendance will be taken at each session. Each person will be required to sign in at each session.

**Enjoy the retreat-** student unity and personal skills development will be achieved in an environment that is professional. While the focus of the retreat is geared to serious learning, it should also be fun! Enjoy yourself and allow others to enjoy themselves.

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***January 14-16 2014***

**WHAT TO BRING (personal items):**

- 1. Personal Hygiene Supplies (tooth brush, tooth paste, hair dryer, etc.)**
- 2. Comfortable clothing (jeans, slacks, sweat shirt, etc. - the entire retreat is informal)**
- 3. Warm Clothing (coat, gloves, hiking boots, extra socks, etc.)**
- 4. Swim suit and towel (indoor pool is available on site)**
- 5. Spending Money (while all meals [breakfast, lunch, dinner as applicable] are provided, vending machines are available for snacks items you may want during “off meal times”)**

**Amenities in All Rooms:**

- Private Baths
- Cable Television
- Hair Dryer
- Daily Housekeeping Service
- Telephones
- Electronic Card Key Lock System
- Irons & Ironing Boards
- Coffee Maker

***Students Building Unity Retreat: Toward Unity Week 2014***  
***Villa Roma Resort & Conference Center, January 12-14-2014***  
***Conduct and Responsibility Expectations***

**You are representing Brooklyn College. Be reminded that any behavior, positive or negative, while on this retreat reflects not only on you as an individual, but also on all other student leaders, student organizations, Brooklyn College and The City University of New York. Guidance for expected behaviors at the retreat is stated below:**

All participants must sign-in at the Student Center, Bedford Lounge, 2<sup>nd</sup> floor beginning at 8:00 a.m. on Tuesday, January 14, 2014. Continental breakfast will be served beginning at 8:00 a.m.

1. While at the retreat or on the bus, keep music at a moderate level. When sharing a room at the retreat site, music should be turned off, turned down, or headphones should be used after 10:00 p.m. to allow people to sleep.
2. Show concern for the health and safety of others. Proper decorum is expected on the bus trip to and from the retreat site.
3. All participants must ride the bus to the conference retreat site, personal vehicles will not be permitted. Buses will leave for Villa Roma from the front of the Student Center on **Tuesday, January 14, 2014 at 9:30 a.m. sharp! Please be on time.**
4. Exercise respect for the personal property of others, including the Villa Roma facility. Brooklyn College will hold you responsible for the room you are assigned. Any damaged or missing property of the assigned room will be your responsibility, even if someone else causes the damage or disappearance of the property. You will be personally billed (shared with the person(s) assigned to the room) for any damage or missing property.
5. Each person is responsible for obeying New York State laws and College policies. Brooklyn College or Villa Roma will not tolerate substance abuse, including use of alcoholic beverages. **Alcohol and other controlled substances will not be permitted on this retreat.** Anyone possessing alcoholic beverages or other controlled substances (and this includes having these substances in your assigned room, even if they were brought there by someone else) may be sent home and will be subject to disciplinary action by Brooklyn College upon your return to campus.
6. Please cooperate with retreat coordinators/supervisors. If a serious situation arises that is potentially dangerous for yourself or others, contact a Brooklyn College staff member immediately- **do not take matters into your own hands- this is for your safety and personal liability.**

**Note: All Brooklyn College(CUNY) policies apply during this event.**

In agreeing to participate in this retreat I accept the obligation to maintain orderly conduct and to act in a responsible manner. By doing so, I will be expected to adhere to the above-mentioned standards and policies of CUNY and Brooklyn College.

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Print Name \_\_\_\_\_

Signature \_\_\_\_\_