

Barry University

Ellen Whiteside McDonnell | **School of Social Work**

We are interested in learning more about your experiences in the TRACKS intergroup dialogue program as a facilitator. In particular we are interested in understanding what you may have learned about yourself, as well as how your views may have shifted about yourself, those who share some of your identities and those who don't. The following series of questions will help us explore these topics. You do not have to answer any questions you do not want to answer.

1) What did you learn about yourself while facilitating TRACKS

Participant #1: *TRACKS was a catalyst for furthering my self-awareness. I learned the power of managing and listening to the different aspects of myself to present myself in the way that each group needed. This is nuanced because no two groups are the same; therefore, I learned to attend to each group's unique needs by showing up how they needed me the most.*

Participant #2: *What I learned mostly through my facilitation of TRACKS, was my ability to connect with each member of the group that was an attending member. I connected at a deep level through which I was able to understand those who spoke and interpret the silence of those who chose to stay silent. In doing, so, I was able to gently ask questions that would bring information out from them and gently guide them into sharing with the group. I learned more about the beauty of the human resilience, my own and the students, and what a powerful tool it is in our daily living as we come across so many different and diverse cultures.*

2) What did students teach you through facilitating TRACKS

Barry University

Ellen Whiteside McDonnell | **School of Social Work**

Participant #1: *There were so many moments for learning during TRACKS for me. I learned how to become better at facilitating. Over time, as I answered students' questions, I learned how to approach ideas differently, which taught me how to be more flexible. I learned how to be a better listener and truly hear people's voices when they are speaking about challenging situations. This then taught me to be a more effective communicator. The greatest lesson for me is knowing how listening can often be more effective than speaking.*

Participant #2: *Students taught me the beauty of receiving the gifts of their sharing to shape my own beliefs and understanding of the human spirit. Once again, I was reminded many times and throughout different intervals of the importance of sharing within a group and how significant it is to speak up and be oneself. Though silence is important, speaking brings more clarity and opens up many doors for deepening throughout the experience.*

3) How do you think TRACKS impacts Racial Justice

Participant #1: *TRACKS creates a space for dialogue and understanding that is often lacking for many students. Consider a student who is a Math or Biology major. This student is navigating new territory and finding his or her footing in the world. This student's course requirements do not immerse him or her in material that reflects the past and current societal realities. When this student participates in TRACKS, an otherwise unavailable opportunity to explore critical topics and inspect experiences with biases, discrimination, and more opens up. This effectively extends this student's ability to scope the world and make sense of*

Barry University

Ellen Whiteside McDonnell | **School of Social Work**

what was previously undefined and misunderstood. TRACKS impacts racial justice because it prioritizes prejudice reduction and shines a light on the challenges within the human experience being more about perceptions than actual differences.

Participant #2: *TRACKS impacts Racial Justice because it equips the members to listen and become aware of other issues and concerns, therefore, creating a road that leads to empathy and the willingness to renew our biases and replace them with other more productive information based on understanding.*

4) How will you utilize what you learned from TRACKS facilitation in your future career.

Participant #1: *TRACKS will directly influence my future career. This experience provided me with a strong foundation and prepared me in a practical sense for my career as a global social worker. Facilitating TRACKS also helped me to refine my career choice. My career choice and the population I choose to serve is a recent decision that was made. TRACKS brought into clarity the work that I vow to do in the future. In my future career, I will utilize my facilitation and organizational skills, ability to listen, reflect, and create an inclusive environment, conflict management, clear communication, empathy, and group management.*

Participant #2: *I have always been a huge fan of any form of dialogue because I feel that the heart of the human experience tends to come out and be seen when there is a*

Barry University

Ellen Whiteside McDonnell | **School of Social Work**

supportive atmosphere that welcomes its expression. TRACKS made very clear, how important a safe and supportive environment is for the developing of the human mind as dictated by the heart and the emotions.