

Accountability & Integrity Week 2024

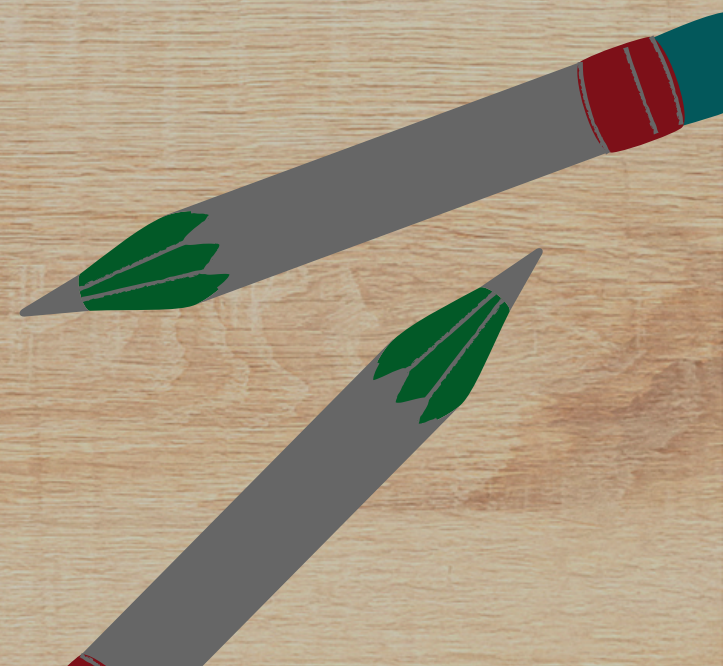
Uncomfortable Conversations/Boundaries

Dr. Courtney Allen

Director of Community Standards & Student Engagement

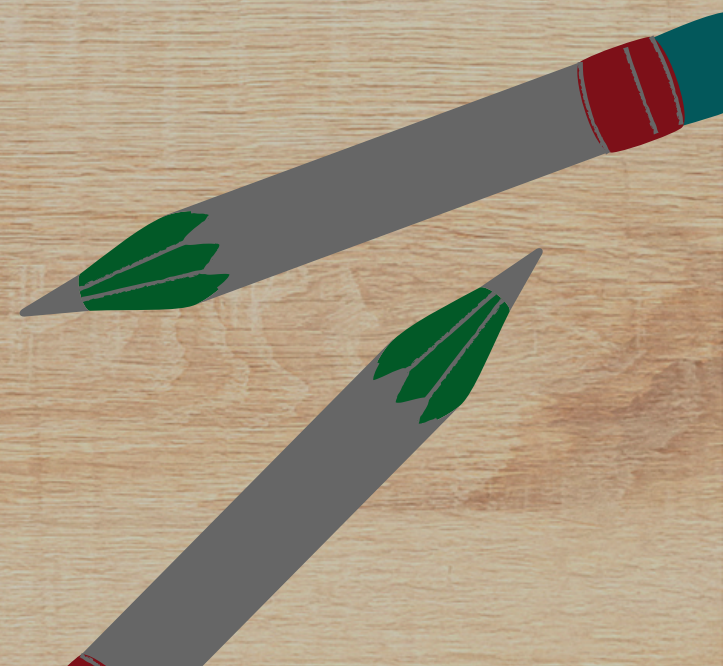
Agenda

- Session Goal
- Welcome
- Accountability & Integrity Week 2024
- The World of Community Standards
- Being Part of the HACCC Community
- Uncomfortable Conversations
- Setting Boundaries
- Strategies
- Student Advocacy
- Questions/Wrap Up



Session Goal

- Equip our students with practical skills for:
 - Navigating Uncomfortable Conversations
 - Personally, Academically and Professionally
- Importance
 - Being in college involves diverse interactions
 - It is crucial to establish and maintain healthy communication and boundaries



Welcome

- Intros
- Accountability & Integrity Week 2024

Community Standards & Student Engagement

Accountability & Integrity Week 2024

November 4th-November 7th

11/4

What does Accountability & Integrity mean to you?

Learn more about accountability & integrity, grab a button and a snack!

Monday, Nov. 4th @1pm

York Campus

Leader 125B Lobby (By Public Safety)

Lancaster Campus

Main-Lobby Area (Near Bank)

MAXIMIZE

YOUR IMPACT

INTEGRITY
BUILDS

CHARACTER

11/5

Bystander Intervention Circle

This circle will focus on being a helpful bystander and strategies to hold peers accountable.

Tuesday, Nov. 5th at 2pm

Virtual: <https://hacc.zoom.us/j/7589494640>

11/6

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Wednesday, Nov. 6th @1pm (Harrisburg Campus)

Cooper Student Center-1st Floor (Near the Fireplace)

11/7

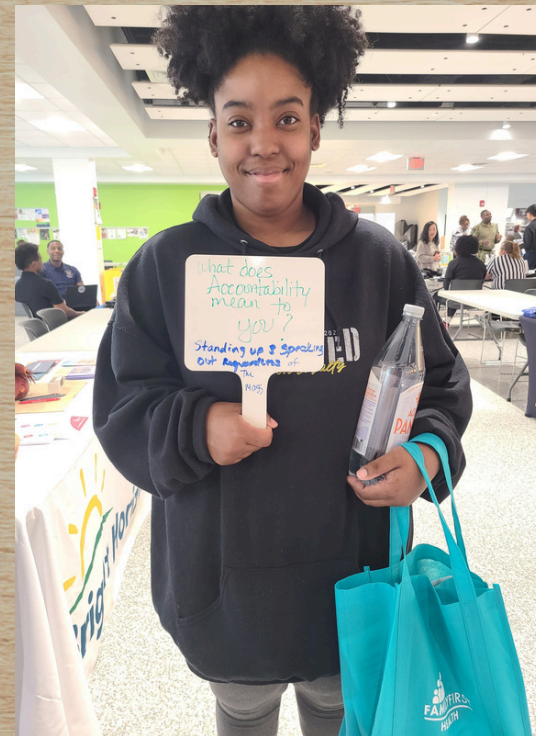
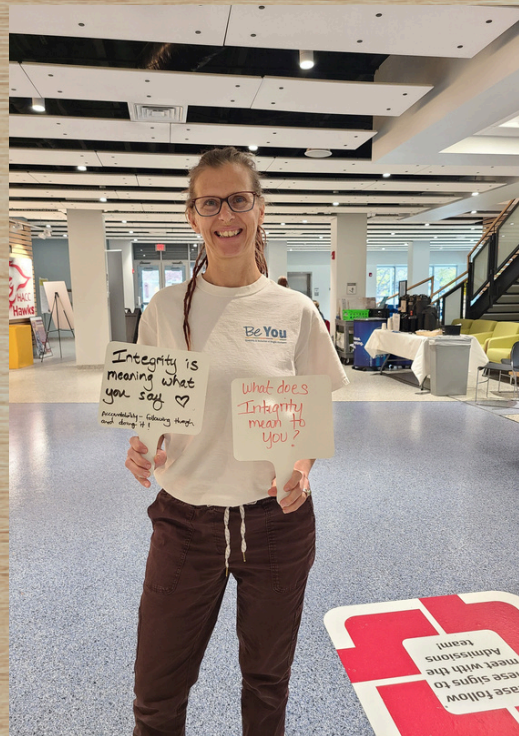
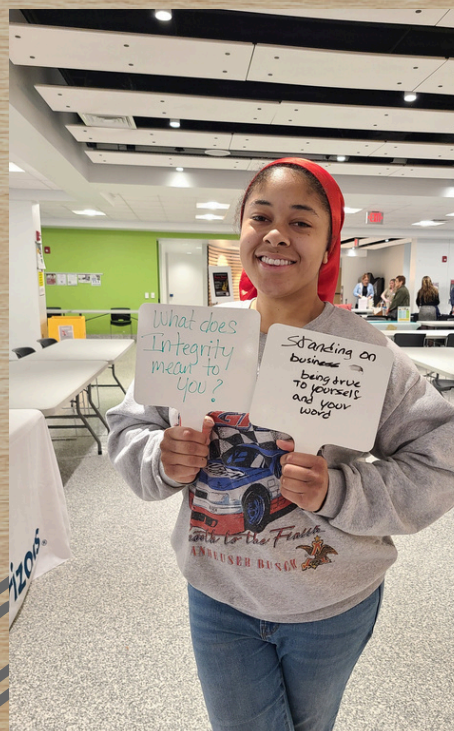
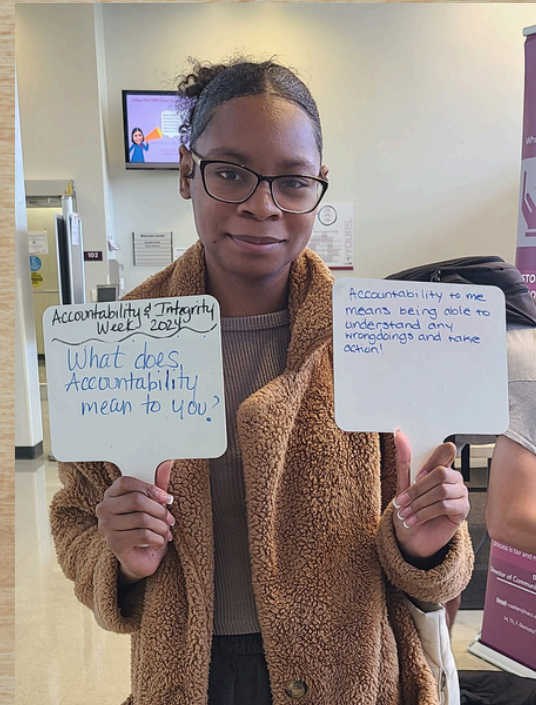
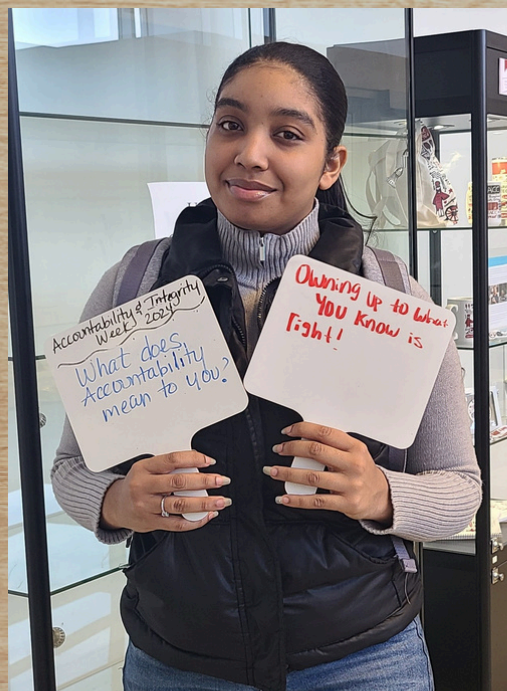
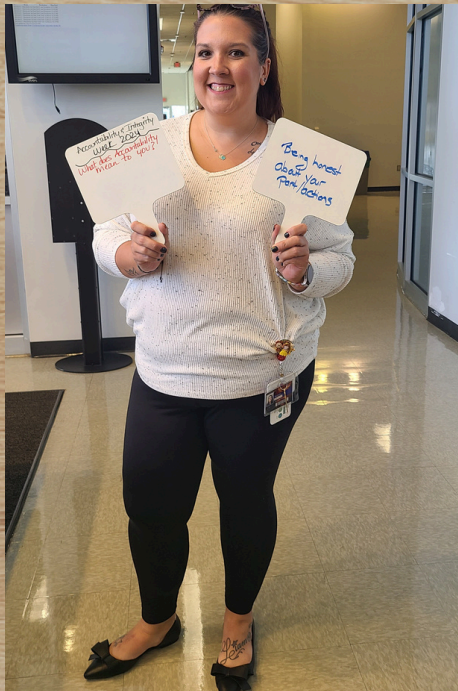
Uncomfortable Conversations/Boundaries

This conversation will focus on providing strategies for students to cope with difficult conversations and set healthy boundaries.

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Community Standards

- Community
- Sharing Ideas
- Learning
- Diverse Perspectives
- Respect



Community Standards

- Standards
- Integrity
- Ethical Decision Making
- Courage
- Accountability
- Personal Growth/Reflection



COMMUNITY STANDARDS MISSION/VISION

- Welcoming Environment
- Educationally Focused
- Restorative Justice Approach
- Understand the Importance of Taking Accountability
- Learn/Thrive Through Challenges
- Amplify Student Voices

HACC COMMUNITY STANDARDS

Who We Are & How We Support HACC Students



CREATE A WELCOMING COMMUNITY

Our community standards process is educationally focused. The wellbeing of our students is most important to ensure they can thrive at HACC.

RESTORATIVE JUSTICE APPROACH

The Office of Community Standards believes in creating opportunities for HACC students to learn from their mistakes, through restorative, developmental and resolution strategies.





ACCOUNTABILITY AND EDUCATIONAL

Our goal is to help students understand the importance of taking accountability for their actions through an educational lens. This approach allows for students to learn and thrive when they encounter judicial challenges.

AMPLIFY STUDENT VOICE

We are here to ensure HACC students are heard, and feel comfortable expressing themselves. The community standards process is fair and managed with integrity.



Dr. Courtney Allen
Director of Community Standards & Student Engagement

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Phone: (717)801-3263



Being Part of the HACCC Community

Integrity

Social Justice

Respect

Community

Responsibility

core values

COMMITTED TO FOSTERING AN ENVIRONMENT

Conducive to
Academic
Inquiry

A Productive
Campus Life

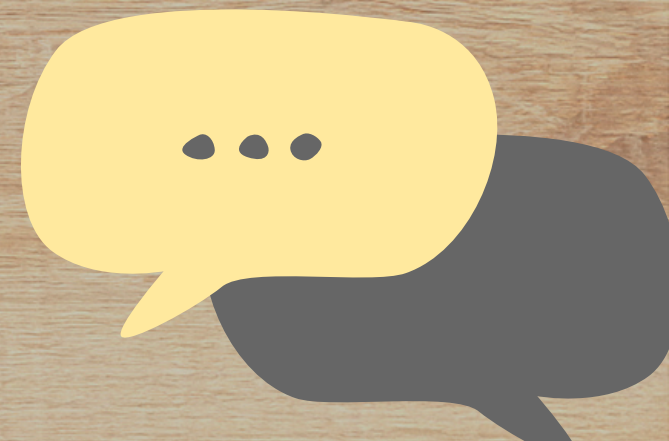
Thoughtful
Study and
Discourse

Ensures
Students are
Heard

Students Feel
Comfortable
Expressing
Themselves

UNCOMFORTABLE CONVERSATIONS

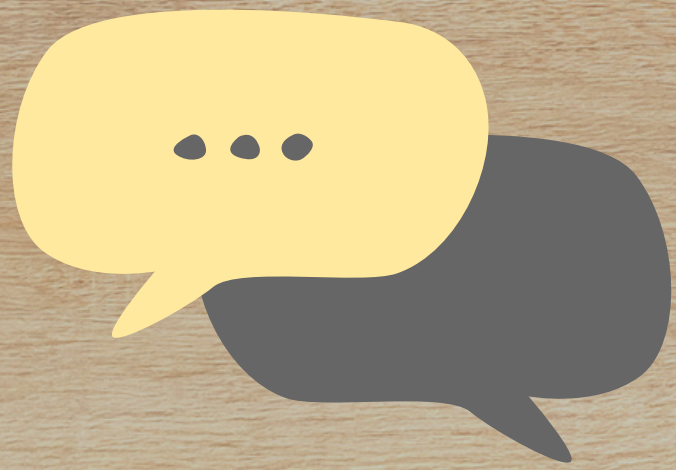
- What is an uncomfortable conversation?
 - Topics
 - Sensitive
 - Differing opinions
 - Potential Conflict

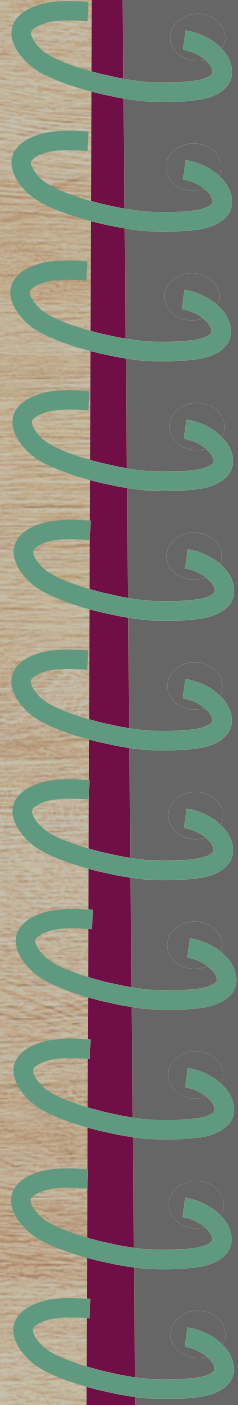


UNCOMFORTABLE CONVERSATIONS



OH NO!

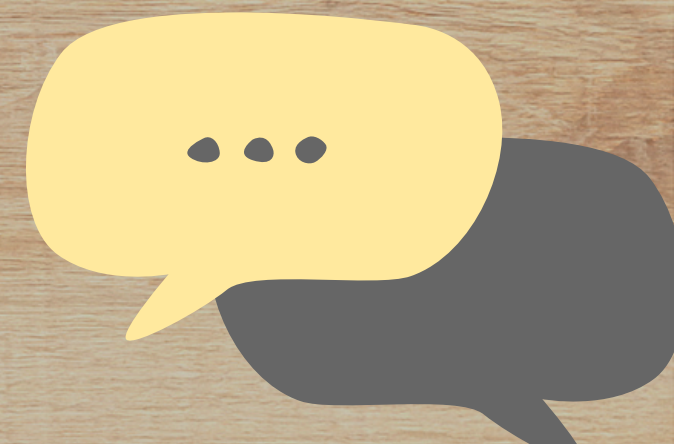


- 
- Common situations
 - Roommate disagreements
 - Group project conflicts
 - Relationship issues
 - Addressing inappropriate behavior
 - Many more

Need For Uncomfortable Conversations

- Growth & Understanding
- Conflict Resolution
- strengthening Relationships

FACE
FEARS



UNCOMFORTABLE CONVERSATIONS

- How many of you enjoy uncomfortable conversations?
- How many of you enjoy confronting conflict?



[Watch video on YouTube](#)

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Fear

- Fear can be hard
 - Why?
- What is your relationship with fear?



Conquering Fear

- Be Comfortable with being uncomfortable
- Core Values and Truth
- How will you fall out of the plane?



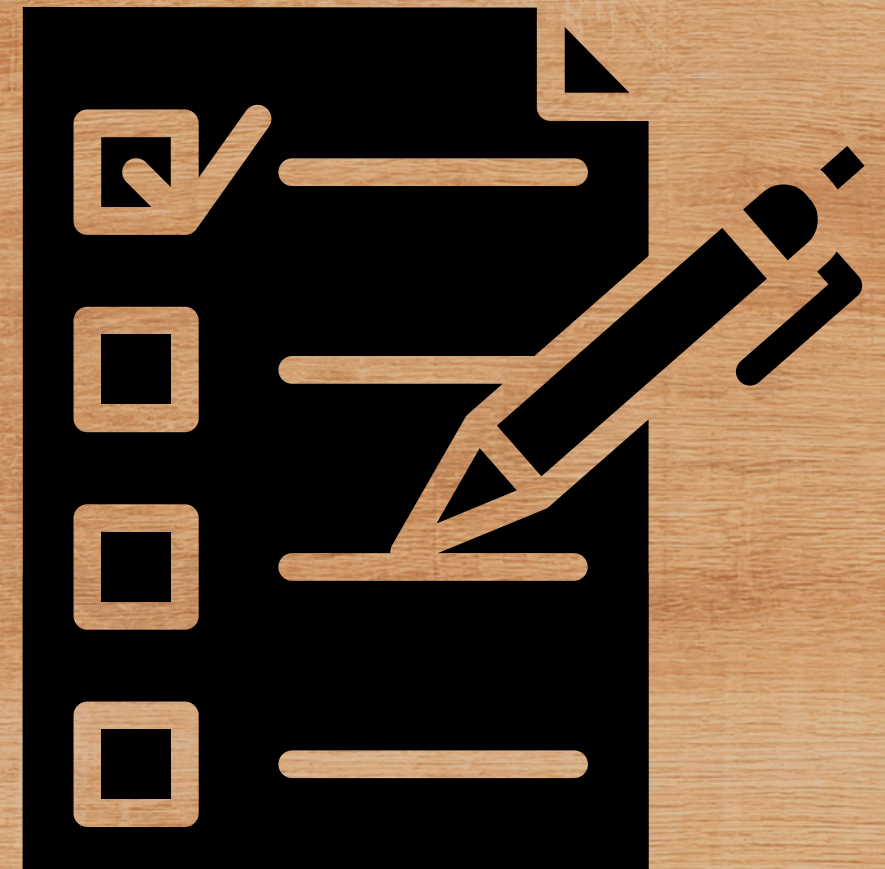
Whisper or yell?

- Speaking up and can be revolutionary



Preparing the Conversation

- Know Your Purpose
- Assess Readiness
- Set the Environment



Managing the Conversation

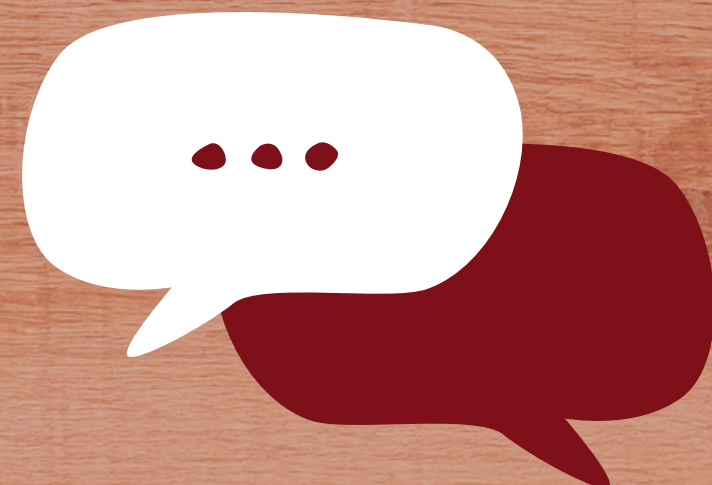
- Use "I" statements
- Listen Actively
- Stay Calm and Centered
- Seek Understanding, Not Agreement



Setting Boundaries

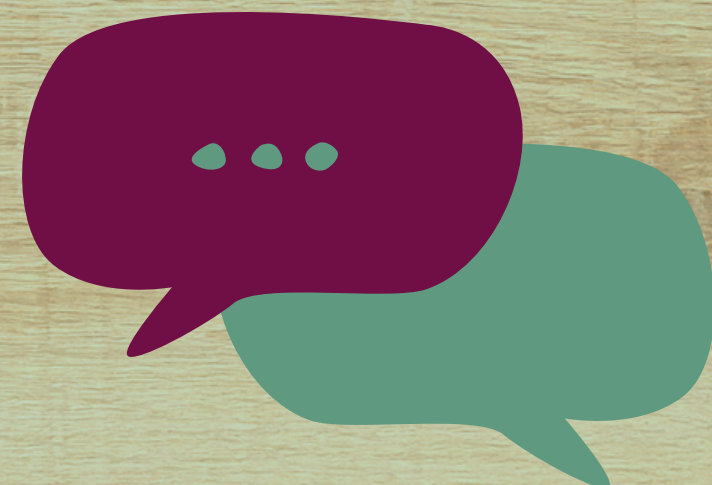
- Define Boundaries
- Communicate Boundaries Clearly
- Be Consistent

**i honor my
boundaries**



Responding to Pushback on Boundaries

- Stay Firm yet Respectful
- Use Repetition
- Know When to Walk Away



Managing Emotions

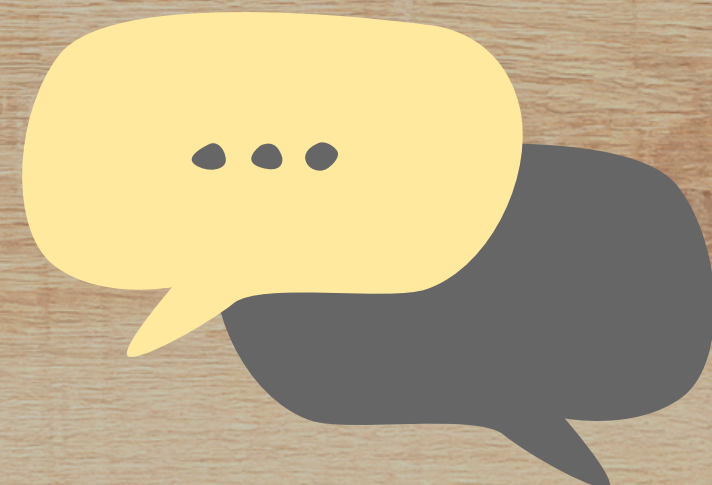
- Acknowledge Your Emotions
- Grounding Techniques
- Take Breaks If Needed



Reflecting After the Conversation

- Evaluate How It Went
- Acknowledge Your Growth
- Identify Any Adjustments

The **MORE**
you **REFLECT**
the **MORE**
you **LEARN**



Takeaways

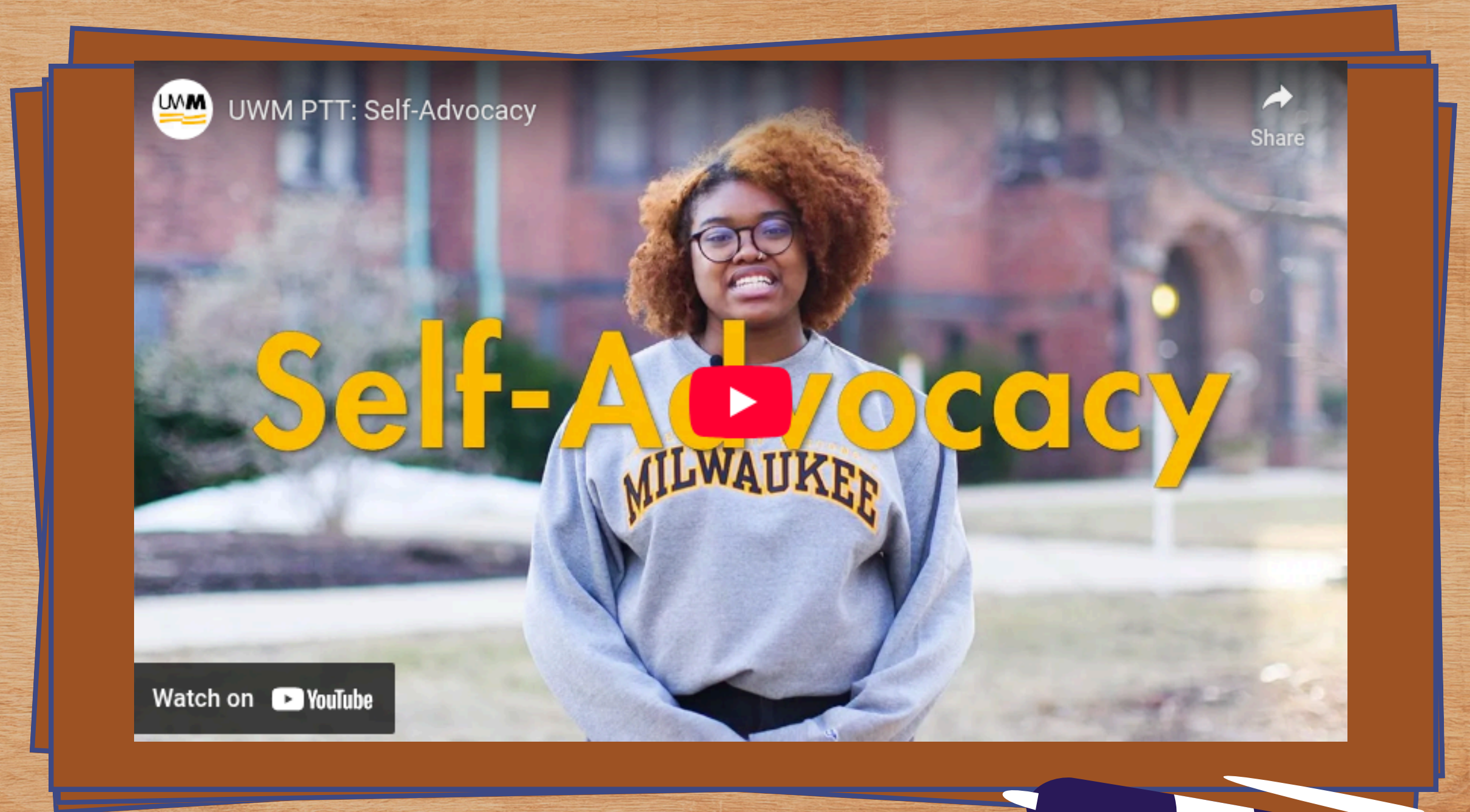


- Growth is a Process
- Respect Yourself & Others
- Stay Open to Learning

STUDENT ADVOCACY

What is self-advocacy?

- Share your thoughts and feelings
- Ability to ask for what you need
- Know your rights



STUDENT ADVOCACY

- Identify what you need first
- Identify a support person to help you
- Understand your needs, so you can get support and guidance

HOW DO YOU SELF-ADVOCATE?

Support Network

What do you stand for?

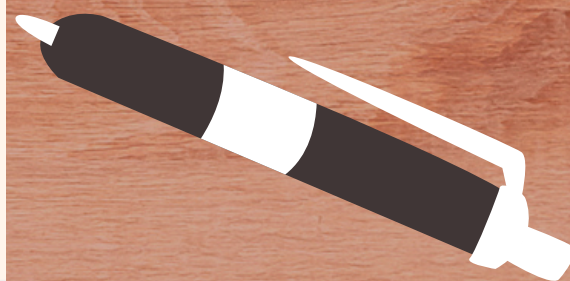
Create a Plan

Direction of Your Life

Coordinate Support to Achieve Goals

Take Responsibility

Believe in Yourself



QUESTIONS

Any questions?



THANK YOU!!

Dr. Courtney Allen

Director of Community Standards & Student
Engagement

Deputy Title IX Coordinator (Students)

Email: caallen@hacc.edu

Tuesday and Wednesday-York Campus

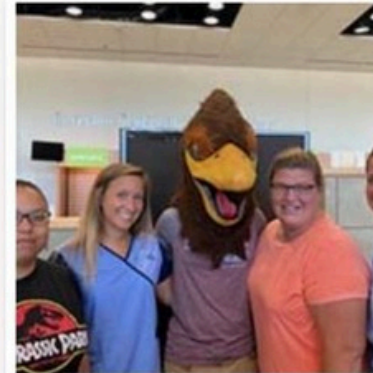
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THANK YOU!!

Community Standards & Student Engagement
In Spring 2024, the new website for Community Standards went live and gives the HACC community the necessary information needed to engage with the office.

Community Standards and Student Engagement

The Community Standards & Student Engagement office believes in creating an educationally focused student conduct system. We create opportunities for HACC students to learn from their mistakes, through restorative, developmental and resolution strategies. Our goal is to help students understand the importance of taking accountability for their actions through an educational lens.



[Report an Incident](#)

Submit a general conduct or academic integrity incident report that may violate the Student Code of Conduct.

[Report an Incident →](#)



[Student Conduct Process](#)

Review information and resources pertaining to the University Student Conduct System.

[Learn More →](#)



[Conduct Record Requests](#)

Directions for students, alumni and third parties on requesting their student conduct record.

[Learn more →](#)



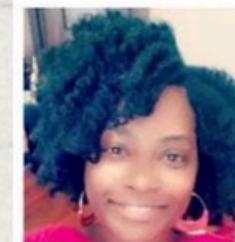
[Frequently Asked Questions](#)

Answers to questions we frequently see from student and their families.

[Learn more →](#)

Have a question about HACC's community standards system?
You may find what you're looking for on [frequently asked questions page](#) or the [student code of conduct page](#).

Contact Us
Dr. Courtney Allen,
Director of Community Standards & Student Engagement,
Deputy Title IX Coordinator (Students)



Phone: 717-801-3263
Email: communitystandards@hacc.edu

Who should I contact if I have any additional questions?
You may contact the office via our email at caallen@hacc.edu or communitystandards@hacc.edu or call 717-801-3263.