

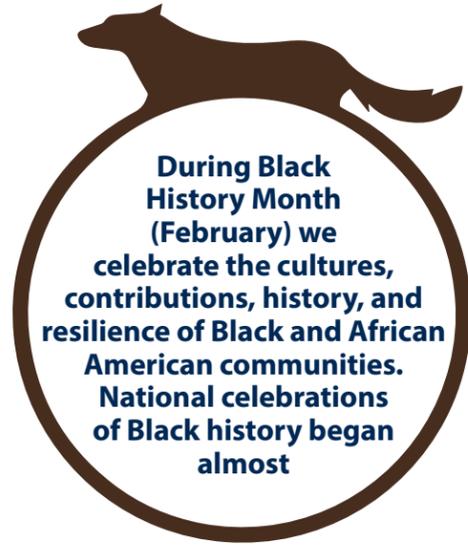
# Culture

# & Community Circle

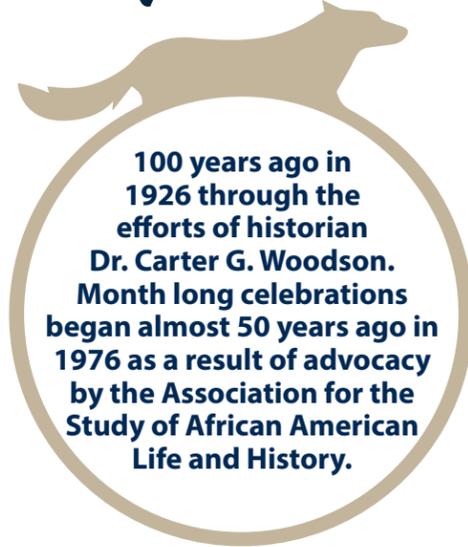
SPRING SEMESTER  
February 2023



**Black  
History  
Month**



During Black History Month (February) we celebrate the cultures, contributions, history, and resilience of Black and African American communities. National celebrations of Black history began almost



100 years ago in 1926 through the efforts of historian Dr. Carter G. Woodson. Month long celebrations began almost 50 years ago in 1976 as a result of advocacy by the Association for the Study of African American Life and History.



**Culture &  
Community  
Circle**

**Barriers to Being a First Generation Black College Student**  
February 7, 2023  
10:30 to 11:30 am  
Presented by:

**Halima Eid & Kanisha Wilson**

This workshop will address various issues Black students face such as: Imposter syndrome and how it leads to self sabotaging, perfectionism, anxiety and how it leads to self sabotaging, perfectionism, anxiety and depression among other problems.

**ZOOM LINK:**

[https://bit.ly/cc\\_barriers](https://bit.ly/cc_barriers)



**In His Words: Dissecting Truth, Justice and Martin Luther King Jr.**  
February 8, 2023  
12:30 to 1:30 pm  
Presented by:

**Yaa Asantewaa Faraji,**

Los Angeles-based screenwriter, spoken word, poet, and author .

A tailored multimedia presentation and poetry performance discussing the legacy and oration of Dr. Martin Luther King Jr.

**ZOOM LINK:** [https://bit.ly/cc\\_inhiswords](https://bit.ly/cc_inhiswords)



**Step Show Performance**  
February 10, 2023  
2:00 to 3:00 pm

**Presented by: The Blue Heart Foundation**  
1 st Floor Quad Area, Outside the G Building The young men of the Blue Heart Foundation share their new Stepping skills by competing in dance competitions and performing at local events throughout the year. Song and dance, particularly stepping, is used to show pride and foster unity within groups. Stepping has a long tradition in African and Black communities. It is practiced by people of all ages and cultural backgrounds, including high school drill teams and multicultural college fraternities and sororities.

The Blue Heart Foundation is a non-profit organization focusing on mentoring, character development, education, and empowering underserved youth ages 13-18.

**Self-Love Through Stress Management**  
February 14, 2023  
10:00 to 11:00 am  
Presented by:

**Faith Reeves-Austin and Vicky Nguyen**

The presenters will be discussing what time management could look like, and different tips students can implement to help alleviate their stress when it comes to workload. The presenters will be discussing the symptoms of burnout, the impact burnout can have, and how to prevent and reduce the symptoms of burnout.

**ZOOM LINK:**

[https://bit.ly/cc\\_selflove](https://bit.ly/cc_selflove)



**Mental Health Stigma in the Black Community**  
February 16, 2023  
10:30 to 11:30 am  
Presented by:

**Halima Eid & Kanisha Wilson**

This workshop will be an interactive discussion regarding mental health stigmas in the Black community; specifically addressing lack of mental health resources, the possibility of harmful effects of seeking Black excellence and commonly misdiagnosed mental health challenges.

**ZOOM LINK:**

[https://bit.ly/cc\\_mental\\_health](https://bit.ly/cc_mental_health)



**Open Mic**  
February 16, 2023  
12:30 to 1:30 pm  
Presented by:

**The Cuyamaca Creative Writing Club and Professor Karen Marrujo**

Share your voice by taking the mic or just drop in to listen or make new friends.

**ZOOM LINK:**

[https://bit.ly/cc\\_openmic\\_feb23](https://bit.ly/cc_openmic_feb23)



**The Sounds of Blackness**  
February 22, 2023  
11:00 am to 12:00 pm  
Samuel M. Ciccati Theatre  
Presented by:

**Kendrick Dial and Brisa Lauren, Lyrical Grove**

Walking through history with Black Music. This presentation will explore notable moments in Black History utilizing original songs through a live performance.

**Celebrating Black Excellence**  
February 22, 2023  
12:00 to 2:00 pm

**Samuel M. Ciccati Theater**

Join us in the Samuel M. Ciccati Theater for a panel presentation showcasing Black entrepreneurs from San Diego County. Then come enjoy local vendors, music and more as we gather outside the B building.

**Black Joy through Art Expression**  
February 28, 2023  
10:00 to 11:00 am

**Presented by: Faith Reeves-Austin and Manmeet Kaur**

Join us as we celebrate the end of Black History Month through music and art. During this event we will engage in various art activities as a way of expressing the black experience and in celebration of the black community. We will also discuss and practice art as a form of coping, reflection, and expression.

**ZOOM LINK:**

[https://bit.ly/cc\\_blackjoythroughart](https://bit.ly/cc_blackjoythroughart)



C U Y A M A C A  
· C O L L E G E ·

Students who complete a minimum of four workshops by May 12, 2023, will receive a Diversity & Leadership co-curricular certificate and be recognized at the Associated Student Government virtual awards ceremony in May 2023.

Sponsored by: Office of Institutional Effectiveness, Success and Equity, Student Affairs, and Associated Student Government  
For additional information on the Culture and Community Circle workshops, please contact Lauren Vaknin in the Student Affairs Office at 619-660-4295.