



Personal Changemaking

Personal Changemaking (often facilitated by the faculty) to explore their own selves. Personal Changemaking focuses on actions that each person can control and choose to advance the common good. Personal Changemaking helps us confront and challenge ourselves, explore our limitations, and work to be change agents that value diverse perspectives and new experiences.

Examples:

- Learning about and choosing to recycle/compost
- Focusing on building a mindful practice such as meditation, contemplation, or a moment of focus on your breath
- Engaging in dialogue with others different from you that allows you to step outside of your comfort zone

Local Changemaking

Practicing Local Changemaking focuses on the collective of our St. Thomas community, both on campus and in the Twin Cities and greater Minnesota. It aims to develop sustainable, collective solutions to social and environmental problems.

Examples:

- Volunteering regularly with a local non-profit, school, or government organization
- Engaging in dialogue with community leaders
- Identifying and working collaboratively to address university structures and processes that create or maintain inequities

National Changemaking

Practicing National Changemaking involves civic engagement in the life and government of our nation. It involves working with others to address national issues and to create a more just and equitable society through dialogue.

Examples:

- Registering to vote
- Participating in elections (local/national)
- Participating in advocacy
- Calling an elected official
- Writing to an elected official
- Meeting with an elected official
- Participating in a caucus

Global Changemaking

Global Changemaking connects us with the needs and realities of the world. It recognizes that many personal, local, and national challenges are also experienced by others around the world and that solutions can be scaled and shared across borders. Global Changemaking often focuses us on partnerships, interdependence, and interdependency, and on finding understanding and solutions for our world.

Examples:

- Bringing awareness of global issues to the St. Thomas Community
- Volunteering with an ethical locally minded non-profit or government organization abroad