



STETSON
UNIVERSITY

STETSON VALUES DAY 2025

A student in a black lab coat is working in a laboratory, holding a yellow pipette and a small vial. The background shows lab equipment and a whiteboard.

INTELLECTUAL EXPLORATION

A large group of graduates in green gowns and caps are gathered on a stage during a graduation ceremony. Some are throwing their caps in the air.

PERSONAL GROWTH

A group of students are sitting on the steps of a brick building, engaged in conversation and reading books. The scene is outdoors with trees in the background.

INCLUSIVE COMMUNITY

A student is holding several heart-shaped cutouts with text on them. The cutouts include phrases like 'I love SU', 'U2E3', and 'The teacher to students ratio is equal also the campus'. The background shows a green lawn and trees.

HUMAN DIGNITY

Agenda At-a-Glance
2025 Values Day – DeLand, FL
Stetson University

Schedule

Time	Event	Location
9:00 - 10:15 a.m.	Opening Ceremony Top Hats Performance Spoken Word – Mollie Steward & Dr. Rajni Shankar-Brown Welcome - Values Day Planning Committee University Greetings – President Roellke Introduction of the Keynote Speaker – Dr. Harry Price Top Hats Performance Keynote Address: Professor Emeritus Grady Ballenger and Alumnus Reggie Williams	CUB Stetson Room
10:30 - 11:45 a.m.	Concurrent Sessions #1 Workshops are offered by students, faculty, staff, and community members.	Various Locations
12:00 - 2:00 p.m.	Global Citizenship Fair Discover opportunities for internships, research, jobs, and studying abroad – all while enjoying free treats provided by Schmancy Pops.	Stetson Green
12:00 – 2:00 p.m.	Community Lunch Free lunch provided to anyone – students, faculty, staff, and community members – who does not already have a meal plan.	Lynn Dining Commons
2:00 – 2:30 p.m.	Interactive Values Dialogue The 2024 – 2025 Deliberative Dialogue findings will be shared by Rina Arroyo and David Hill.	CUB Stetson Room
2:30 – 4:00 p.m.	Join other students, faculty, staff, and community members in a facilitated discussion led by the Center for Dialogue and Civic Action, where—through an interactive “Values Lab”—you’ll identify your own guiding values, reflect on where your life is in alignment—or out of step—with them, and join peers in dialogue about what it means to live with integrity in community.	CUB Stetson Room
4:15 – 5:30 p.m.	Concurrent Session #2 Workshops are offered by students, faculty, staff, and community members.	Various Locations
5:30 – 7:30	Student Film Festival – Movie Screening	Cross-Cultural Center (109)

Welcome!

We are thrilled to gather our entire Stetson University community for this special day of reflection, dialogue, and action! Values Day represents one of our most cherished annual traditions, established by President H. Douglas Lee and dedicated to exploring our core values: intellectual exploration, personal growth, inclusive community, and personal and human dignity.

This year's theme, "Let Your Life Speak," invites each of us to examine how we can live in true alignment with our values—moving beyond reflection to consider how we act, serve, and lead in our daily lives. Inspired by the Quaker saying adopted by Dr. Lee himself, this theme connects to last year's foundational work and provides an opportunity to make our newly articulated University values actionable. Dr. Lee helped shape Stetson's values-driven identity, and this theme serves as both a challenge and invitation to think deeply about how we live out our values.

Today, we encourage you to explore essential questions: What values guide the choices you make? Does your life reflect the kind of world you want to help create? How do we as a community live our shared values together? In a challenging time for our campus and our world, this theme calls us back to authenticity, reflection, and purpose-driven action on campus, in our communities, and beyond.

As students, faculty, staff, and community members come together with classes canceled and offices closed, we create space for the entire Stetson community to engage in thoughtful dialogue and collaborative exploration. Through today's sessions and conversations, we aim to deepen our understanding of how our shared values can guide us in creating meaningful change.

We encourage you to embrace this enriching opportunity for learning, sharing your experiences, and building connections across our diverse community. Let us make the most of this day of reflection, community, and action as we discover together how to let our lives speak our deepest values.

Thank you for being part of this important tradition and for your commitment to making Stetson University a place where values truly come alive!

Values Day Planning Committee

Learn more at www.stetson.edu/values-day.

About our Keynote Speakers



Grady Ballenger and Reggie Williams at the unveiling of the EJI historical marker for 1891 lynching victim Lee Bailey on Wednesday, September 27, 2025.

Campus Map



MAP DIRECTORY

ACADEMIC FACILITIES

D2	1	Allen Hall
D4	2	Brown Hall
C2	3	Cummings Gym
D1	4	Davis Hall
D3	5	duPont-Bell Library • Accessibility Services • Hollis Family Student Success Center • Writing Center
D2	6	Elizabeth Hall • Lee Chapel
D2	7	Flagler Hall
E4	8	Gillespie Museum
E3	9	Hand Art Center
F4	18	La Casa Cultural Latina
E2	11	Lynn Business Center (LBC) • Wanda Center / I.T.-Helpdesk
E2	12	McMahan Hall
C2	13	Museum of Art - DeLand • Second Stage Theatre
F3	14	Ohio Art Studio
E2	15	Presser Hall
E3	16	Rinker Environmental Learning Center (RELC)
E4	17	Russian, East European and Eurasian Studies
D3	18	Sage Science Center
E2	19	Sampson Hall • Ceramics Studio

RESIDENTIAL BUILDINGS

E4	28	Carson Hall
C4	21	NEW RESIDENCE HALL COMING SOON
E4	22	Catalyst House 345
D2	23	Chaudoin Hall
D3	24	Conrad Hall (Honors and Bonner)
C2	25	Emily Hall
D4	26	Gordis Hall
E5	27	Hatter Hall
E4	28	Hollis Hall
A3	29	Delta Sigma Phi (ΔΣΦ) House
A4	38	Pi Kappa Alpha (ΠΚΑ) House
A4	39	Phi Sigma Kappa (ΦΣΚ) House

D4	32	Pi Kappa Phi (ΠΚΦ) House
D3	33	Sigma Phi Epsilon (ΣΦΕ) House
D3	34	Lambda Chi Alpha (ΛΧΑ) House
D4	35	Pi Beta Phi (ΠΒΦ) House
D3	36	Kappa Alpha Theta (ΚΑΘ) House
D4	37	Alpha Xi Delta (ΑΞΔ) House
D4	38	Alpha Chi Omega (ΑΧΩ) House
D4	39	Zeta Tau Alpha (ΖΤΑ) House
D4	40	Delta Delta Delta (ΔΔΔ) House
C4	41	Alpha Tau Omega (ΑΤΩ) House
E5	42	Nemec Hall
D5	43	Smith Hall
A1	44	Stetson Cove Apts.
A4	45	Stetson Oaks Apts.
A3	46	Stetson Palms Apts.
D2	47	University Hall • Residential Living & Learning • Hatter/ICard Office
E5	48	UVA 100 - Maxcy Hall
E4	49	UVA 200 - Hon Hall
E4	50	UVA 300 - Building 300
E4	51	UVA 400 - Lynn Hall
E5	52	UVA 500 - Rinker Hall
E5	53	UVA - Rinker Clubhouse

STUDENT LIFE

D3	54	Carlton Union Building (CUB) • Bookstore • Center of Community Engagement • Coffee Shop • Dean of Students • Fraternity and Sorority Life • Hat Rack Cafe • Lynn Dining Commons • Post Office • Religious and Spiritual Life • Stetson Room & Lee's Garage • Title IX
E3	55	Cross-Cultural Center (Tri-C) • Office of Diversity and Inclusion
C3	56	Ginsburg Hill House

C3	57	Griffith Hall • Health Service • Student Counseling Services
C3	58	Hollis Center • Rinker Field House • Stetson Pool
D3	59	Marshall and Vera Lea Rinker Welcome Center • Admissions • Career & Professional Development • Financial Aid • One Stop • Registrar and Bursar • University Marketing
E4	60	Public Safety
C1	61	Racquetball Courts
C1	62	Recreation Tennis/Pickleball Courts
D3	63	Rinker Center for International Learning (WORLD)

ATHLETICS/RECREATION

D5	64	Athletics Training Center
D5	65	Cooper Beach Volleyball Courts
A1	66	Edinger Golf Practice Facility
D3	67	J. Ollie Edmunds Center
C5	68	Mandy Stoll Tennis Center
F5	69	Melching Field at Conrad Park
E4	70	Patricia Wilson Softball Field
F2	71	Sandra Stetson Aquatic Center
F4	72	Spec Martin Memorial Stadium
D2	73	Wilson Athletic Center

ADMINISTRATIVE OFFICES

F4	74	Administrative Services • Office of Finance • Print Shop
D2	75	Allen House • Human Resources
D2	76	DeLand Hall
E3	77	Development
E3	78	Development Operations
E3	79	Donor Relations
E4	80	Facilities Management
E3	81	Meadows Alumni House
E2	82	President's Home

Featured Program

Values in Action: Let's R.E.A.D. together!

Join us on Values Day for the 2025–2026 Stetson R.E.A.D. (Reflect, Engage, and Affirm Diversity) opening celebration!

Come be a part of an inspiring event as we unveil this year's Stetson R.E.A.D. book selections and celebrate the power of story to connect, challenge, and transform.

All are welcome! The Stetson R.E.A.D. program is open to all students, staff, faculty, alum, and community partners.

Founded in 2013 by Dr. Rajni Shankar-Brown, Professor and Jessie Ball duPont Distinguished Chair of Social Justice Education, Stetson R.E.A.D. (Reflect, Engage, and Affirm Diversity) is a signature interdisciplinary program rooted in multidimensional literacy, community dialogue, and Stetson's values.

Connected to Values Day and extending throughout the academic year, the program amplifies diverse voices across fiction and nonfiction—cultivating intellectual curiosity, moral courage, social and civic responsibility, and beloved community.

In addition, through R.E.A.D., Stetson Hatters (undergraduate and graduate students) have opportunities to develop essential skills in leadership, organizing, communication, and intercultural understanding, all while actively helping to advance Stetson's mission and core values.

Please note: RSVP is required for the launch event on November 13th as seating and refreshments are limited. Sign-up is on a first-come basis. For questions or accommodations, please reach out to rshankar@stetson.edu

Together, we'll celebrate diverse stories, engage in meaningful dialogue, make meaningful connections to values, and share food, reflection, and joy!



9:00 - 10:15 a.m. Opening Ceremony

Stetson Room	Presidential Welcome: Dr. Christopher Roellke Stetson University's Top Hats Student spoken word performances Values Day Planning Committee Welcome Greetings from President Roellke Introduction of Keynote Stetson University's Top Hats Keynote Address: Grady Ballenger
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10:30 - 11:45 a.m. Concurrent Sessions #1

Brown 101 (Teaching Kitchen)	Feeding the feed: Cooking, media, and the stories our food tells Sarah Cramer, <i>Stetson University</i> Food media – from TikTok recipe hacks to glossy food magazines – shapes how we cook, what we crave, and what we think is “good food.” This workshop explores the intersection of cooking, media, and values. Participants will meet in the Brown Hall teaching kitchen to prepare a recipe that has gone viral on social media (e.g., baked feta pasta, mug cakes, dalgona coffee) alongside a simple dish made from ingredients found in the teaching garden. Before, during, and after cooking, participants will reflect on how food media trends influence factors ranging from ingredient availability to food waste. After tasting both dishes, participants will discuss what messages food media sends about identity, culture, and accessibility — and how to critically engage with that media. The session will conclude with a hands-on media activity: participants will design their own short “values-aligned” recipe post for Instagram or TikTok that tells a story about food justice, sustainability, or cultural awareness. Participants will leave with a deeper understanding of food media’s power – and how they can use it for positive change. *Pre-registration for the session, which is capped at 15 participants, is required. Please email Dr. Cramer (scramer@stetson.edu) by Tuesday, November 11, to register.
Brown 139	Marking What Matters: Tattoos, Wellness, and Self-Expression Lauren Hancock Christine Young Tattoos are more than body art — they are living expressions of identity, memory, and values. This workshop invites participants to explore tattoos as a way of “letting your life speak” by reflecting on the stories, beliefs, and commitments that matter most. Facilitated in collaboration between Wellness and Recreation and Counseling Services, the session blends creativity, conversation, and play to

encourage deep reflection in a fun and supportive space. Participants will begin by examining tattoos as values in action, considering how tattoos can symbolize love, resilience, healing, or cultural connection. They will then engage in an interactive design activity where they sketch a tattoo that represents a core value or meaningful experience. Building on this, the group will play “Would You Ink It?”, a lighthearted but thoughtful game that encourages participants to imagine and share tattoo ideas tied to their personal values, identities, or aspirations. By combining art, dialogue, and storytelling, this session highlights tattoos as both a personal and cultural language of meaning. Participants will leave with a design that reflects their values and new insights into how everyday choices (like tattoos) can align with authentic living.

Brown 140 Love Shouldn't be a Horror Story
Mia Martinez, *Peer Advisory Council on Title IX*

This workshop uses carefully selected scenes from horror and thriller films to ignite meaningful discussions about love, boundaries, and the core values that shape healthy relationships. Participants will critically examine how popular media frequently romanticizes toxic or abusive behaviors—such as obsession, jealousy, emotional manipulation, and control—and explore how these portrayals can distort real-life expectations about what love looks like. The workshop combines film analysis with guided group discussions, reflective exercises, and interactive activities to help attendees identify common red flags, debunk harmful relationship myths, and articulate their own values around respect, consent, and care. By connecting media representations to personal experiences, the session encourages participants to think critically about how cultural narratives influence their choices and relationships. Finally, the workshop offers practical tools and resources to support building relationships grounded in empathy, mutual respect, and authentic communication, fostering a community that reflects shared values of safety and support.

Brown 234 A Healthy and Vibrant Nation - "Let Your Life Speak"
Jose Bonilla, *Vertical Health*

The United States ranks 40th in the Global Health Index—a concerning statistic that demands action. However, this decline is reversible, and each of us can contribute to the solution. This interactive workshop explores pathways to elevate America's health ranking to the top five globally. Participants will engage in candid dialogue about current health challenges and discover how institutions like Stetson University's Brown Hall Center of Excellence for Health & Innovation can catalyze transformative change. Through collaborative discussion, attendees will examine practical strategies and innovations that can create a healthier, more vibrant nation. Join us to be part of this essential conversation and movement toward national health transformation.

Elizabeth 315 **Healing Beyond Platitudes: Christian Faith and Mental Health in Balance**
 Garrett Graves, *Stetson University*

This session explores the intersection of Christian faith and mental health with a focus on understanding and avoiding spiritual bypass—the tendency to use religious language or practices to sidestep difficult emotions and struggles. While prayer, scripture, and spiritual practices can be powerful resources, they can sometimes be misused as a way of avoiding deeper psychological pain rather than addressing it. Together, we will unpack what spiritual bypass looks like, why it happens, and how it can unintentionally hinder emotional and spiritual growth.

Participants will learn practical strategies to recognize when they might be bypassing, as well as techniques for engaging emotions in healthy, faith-integrated ways. Drawing on scripture, psychological tools, and real-life applications, this session emphasizes that embracing our feelings honestly is not a lack of faith, but an essential part of spiritual maturity and healing.

Rinker Env. Learning Center (RELC) **Action for a Greener Future**
 Cindy Bennington, Kristen Mattson, Phoenix Medley, Issah Abdullah, Elisa Familia, Milo Silva, Gracie Wollard, *Volusia Sandhill/Environmental Fellows*

Given that the Earth and the living things it supports provide humans with the air we breathe, water we drink, energy we consume, and resources we use to make our lives more convenient, we should all ask what we can do to reduce our impact. This Values Day workshop, co-hosted by the Environmental Fellows and the Volusia Sandhill at the Gillespie Museum, will allow participants to act on their desire to live more sustainably by exploring their interests in sustainable living.

The Environmental Fellows will lead a discussion about the life cycle of human trash and provide students a chance to recycle trash into a useable craft. In the Volusia Sandhill, students will participate in seed collection and planting while learning about the role of small habitat fragments, including residential yards, in conserving biodiversity.

Join us to learn about reducing your impact on the planet and to have fun putting ideas into action.

Lynn Let Your Body Speak: Wellness through Nutrition and Weights**Business Julie Kaidor, *CrossFit Envision*****Center 122**

I will begin my talking about 5 broad topics of wellness and tie them into individual's personal values. I will then talk about nutrition, talking about hunger hormones, relationship issues with food, and macronutrients. We will learn how to find out HOW MUCH each of the participants should aim to eat. We will create meal plans accordingly. I will discuss the importance of movement, specifically weightlifting. We will discuss values based on aging and what our non negotiable values are.

Lynn Leading with Conviction: How Your Beliefs Shape Your Leadership**Business Jill Arlaud Holmes, *Residential Living & Learning*****Center 123**

Leading with Conviction explores how our deepest beliefs—whether rooted in religious faith, philosophical traditions, cultural values, or personal convictions—shape our approach to leadership and community service. This interactive workshop examines the universal challenge of leading with integrity: How do we stay true to our core values across different contexts? How do we avoid compartmentalizing our beliefs from our actions?

The session begins with the presenter sharing how Christian faith informs their leadership as one example of values-based living. Participants will then engage in guided reflection to identify their own "north star"—the beliefs, principles, or worldview that guides their decisions, whether derived from Christianity, Islam, Judaism, Buddhism, Hinduism, secular humanism, or personal philosophy. Through individual reflection activities, cross-worldview dialogue, and small group discussions, participants will explore how their convictions inform their leadership style, decision-making, and sense of purpose.

By the end of this workshop, participants will have articulated their core beliefs, examined alignment between values and actions, and developed strategies for leading authentically in service to their communities—regardless of their faith background or worldview

Lynn Values in Action: Let's R.E.A.D. together!**Business Rajni Shankar-Brown, *Stetson University and the Institute for Catalyzing Equity, Justice, and Social Change (I-CEJSC)*****Center 124**

Human Rights and Justice Student Leadership Team, *Stetson University and the Institute for Catalyzing Equity, Justice, and Social Change (I-CEJSC)*

The Stetson R.E.A.D. (Reflect, Engage, and Affirm Diversity) program invites all students, staff, faculty, alumni, and community partners to its 2025–2026 opening celebration on Values Day, November 13th. This inspiring event will unveil this year's book selections and celebrate storytelling's transformative power to connect and challenge perspectives.

CUB Student Bridging Lives: Lessons from the Film "Bridge to Terabithia"**Lounge (280)** Natalie McCoy, *Stetson University*

This session invites the Stetson University community to join the J. Ollie Edmunds Scholars in a Values Day tradition of a special movie screening and collaborative dialogue, this year inspired by the 2007 film adaptation of the classic coming-of-age children's book, "Bridge to Terabithia." Participants will consider how education, childhood, friendships, and families can both instill and challenge personal values, as well as how the imagination can help to create worlds that reflect these values. Authentic leaders are known for their ability to identify and bring from imagination to life a community's shared values with integrity. They speak for those whose lives can no longer do so with humility. This sort of leadership requires not only creativity, but also courage and—sometimes—second chances. Through film excerpts, guided discussion, and a "build-your-own-bridge" craft, this session aims to teach participants to build bridges that welcome others into their own values and ideal worlds, or "Terabithias," both within the Stetson University community and beyond.

Sage 218 Work Beyond Self: Servant Leadership in ActionMatthew Rhoads, *Stetson University*John Sellers, *Journey Church Executive Pastor of Locations*

In a culture that often measures work by personal achievement and advancement, it is easy to forget that true leadership is not about serving ourselves, but about serving others. Drawing from *The Way of the Shepherd* by Kevin Leman and William Pentak, this session will explore the principles of servant leadership and how they can be applied in our studies, careers, and community life.

The presentation will highlight practical lessons such as knowing your flock, making your pasture safe, and leading with humility, showing how each reflects Stetson's values of personal and social responsibility. Participants will be invited to consider how their choices, actions, and work can directly benefit others and contribute to the greater good.

The session will conclude with an open Q&A, giving space for participants to engage with the principles of servant leadership in their own context and walk away with practical steps to live out leadership grounded in service.

Sage 222 Manly Meaning: Aligning Your Life with Your ValuesJoseph Ortiz, *Stetson University*Dulce Barrera, *Stetson University – Student Counseling Services*

This 75-minute interactive workshop invites students to explore how male-identifying peers and their own daily choices reflect the world they hope to help create. Building on the theme “Let Your Life Speak,” participants will identify their core values using a live poll, learn key insights about men’s mental health, and complete a guided “Values → Actions” exercise to uncover gaps between their values and current behaviors.

Specific to the topic of men’s mental health, students will explore what defines being manly, cultural messages received by men to hide emotions or “tough it out”, and discuss barriers to help-seeking behavior.

Small group discussions will foster peer connection and normalize conversations about men’s mental well-being. Each participant will leave with one clear, value-aligned action step they can implement immediately in their campus or personal life. By moving beyond reflection to tangible practice, this workshop supports authentic leadership, destigmatizes mental health, and strengthens our community’s shared commitment to living our values together.

**Lynn
Business
Center 220**

Safer Sex Jeopardy: Living Our Values Through Sexual Health

Stetson University WELL Team

This interactive workshop uses a Jeopardy-style game format to engage participants in learning about safer sex practices, STI prevention, and sexual health resources. Designed to be both fun and educational, the session will cover essential topics including barrier methods, STI facts and myths, testing and treatment, communication in relationships, and how our values guide sexual decision-making. Participants will work in teams to answer questions, problem-solve real-life scenarios, and connect sexual health knowledge to personal and community values such as respect, honesty, and responsibility.

By combining evidence-based information with values-based reflection, the workshop encourages students to see safer sex not only as a matter of health but also as an expression of living authentically in alignment with what matters most to them. The competitive, game-show format ensures active learning, breaks down stigma, and fosters open conversation in a supportive environment. Participants will leave with practical skills, myth-busting knowledge, and a clearer understanding of how safer sex practices reflect and reinforce the kind of world we want to help create.

12:00 – 2:00 p.m. Global Citizenship Fair

Palm Court In conjunction with Stetson’s Values Day, GCF provides community organizations with a platform to highlight their mission, showcase their impact, and connect with students about available volunteer and internship opportunities. With over 500 students attending annually, this event offers an opportunity for organizations to engage with many students in a single, high-visibility setting.

Each year, Stetson University takes a day away from classes to explore and act upon our shared values during Values Day. Our events and programs for this year’s Values Day connect to the theme: *Let Your Life Speak*. The Global Citizenship Fair is an annual event that happens on Values Day and it gives our Community, Campus, and Faculty Partners and opportunity to advertise involvement opportunities, such as internships and volunteer needs, along with service-learning opportunities, such as study abroad programs.

12:00 – 2:00 p.m. Community Lunch

Lynn Dining Commons Free lunch provided to anyone – students, faculty, staff, and community members – who does not already have a meal plan. Check out the dialogue prompts on each of the tables.

2:00 - 4:00 p.m. Interactive Dialogue

CUB Stetson What Do Our Values Say About Us?

Room Dr. David Hill and Rina Arroyo, *Stetson University*

(30 min. session)

Dr. David Hill and Rina Arroyo will introduce the research findings from last year’s *Deliberative Poll*.

Please join us via Zoom if you are unable to attend in person.

https://stetson-edu.zoom.us/webinar/register/WN_O0JG9PvWSbabg44DemGU0g#/registration

CUB Stetson Living Our Values: A Campus-Wide Conversation

Room Caitlin White Swann, *Stetson University*

(1hr. 30 min. session)

Join other students, faculty, staff, and community members in a facilitated discussion led by the Center for Dialogue and Civic Action, where—through an interactive “Values Lab”—you’ll identify your own guiding values, reflect on where your life is in alignment—or out of step—with them, and join peers in dialogue about what it means to live with integrity in community. Together, we’ll move from reflection to action, considering how authentic leadership and shared commitments can help us “let our lives speak” at Stetson and beyond.

4:15 - 5:30 p.m. Concurrent Sessions #2**Brown 139 Home for the Holidays**

Waniya Hussain, *Stetson University*

Maddie Weise, *Stetson University*

Issah Abdullah, *Stetson University*

Lua Hancock, *Stetson University*

This interactive workshop, *Home for the Holidays: Conversations that Connect Across Values*, invites participants to explore the role of values in shaping dialogue with those closest to us. Using familiar holiday and family dinner scenarios, we will examine how differing perspectives can create both tension and opportunities for deeper understanding. Through reflective activities, games, and structured discussion, participants will engage in self-discovery while practicing skills for navigating difficult conversations. The session will balance individual reflection with group dialogue to encourage participants to consider how their values have evolved over time, how they influence relationships, and how they can remain authentic while respecting differences. By the end of the workshop, participants will leave with strategies to manage value-based disagreements, foster empathy, and strengthen connections across divides.

Brown 140 Aligning Purpose and Generational Intelligence: Cultivating Leadership That Lets Life Speak

Alicia Scott, *Stetson University*

Rina Arroyo, *Stetson University*

This interactive workshop explores how leaders and emerging professionals can align their values, purpose, and generational perspectives to create thriving, resilient communities. Participants will examine the intersection of Generational Intelligence (understanding how multiple generations collaborate and lead together) and Workplace Spirituality (finding meaning, purpose, and connection in work and service). Through guided reflection, case studies, and facilitated dialogue, attendees will discover practical tools to overcome intergenerational disconnect, foster inclusion, and strengthen leadership rooted in authenticity.

Brown 234 Purposeful Paths: Exploring Values-Based Leadership in All Disciplines

Natalie Bittles, *Health Professions Advisor*

In every field—from the arts to engineering, business to biology—students are faced with choices that shape not only their careers but also the kind of world they help create. This interactive workshop invites participants from all majors to explore how their personal values can guide their academic, professional, and civic lives. Through reflective exercises, collaborative discussions, and real-world scenarios, attendees will identify their core values and examine how these

influence their decisions, relationships, and leadership style. Participants will engage with ethical dilemmas and leadership challenges relevant to diverse disciplines, and leave with a personalized action plan for living and leading with integrity. Whether you're preparing for graduate school, entering the workforce, or seeking to make a difference in your community, this session will help you align your actions with your aspirations.

**Allen Hall
Auditorium
Room 101**

Bonding Over Baking: The Science Behind the Sweetness

Tamia Buchanan, Diana Fudge, Gabriella Johnstone, Eva Hinke, Dakota Williams, and Jamairah Poteau, *Baking Club Executive Board*
Raissa Borges de Oliveira Leal, Dania Almaatouk, Amy King, Raven Hufstetler, Isabelle Cristine Condor da Silva, and Jordyn Dodd, *ACS Executive Board*:

Baking is more than a creative pastime—it is a living laboratory where chemistry and community intersect. For Stetson University's Values Day, the American Chemical Society (ACS) Student Chapter and the Baking Club are partnering to host an interactive workshop that brings science to life through the art of baking. Participants will engage in a hands-on baking activity that highlights the chemical principles behind everyday ingredients, from the role of baking powder and yeast in making dough rise to the Maillard reaction that gives bread and cookies their golden-brown color. Beyond mixing, measuring, and tasting, the session emphasizes how food connects people across cultures and traditions, aligning with Stetson's commitment to curiosity, community, and holistic learning. This workshop offers a unique opportunity for students to explore the balance between scientific inquiry and creative expression while working together to produce—and enjoy—delicious treats. By combining the rigor of chemistry with the joy of baking, the event invites participants to see science not only as an academic pursuit, but as a shared human experience that nourishes both mind and body.

***Pre-registration for the session, which is capped at 35 participants, is required. Please email Tamia Buchanan (tbuchanan@stetson.edu) by Tuesday, November 11, to register.**

CUB Student Self Visualization: Embracing our Layers / Reimagining our Future

Lounge (280) Jordan Brewster and Abby Edwards, *Hand Art Center & Campus Life and Student Success*

In the era of self-help, we are confronted with conflicting messaging: to love and accept who we are, but also to embrace change and personal growth. In this hands-on workshop, participants will be invited to engage this contradiction through creative expression. Activities will commence with a tour of the exhibit *Portrait Passageways: Artworks from the Stetson Community*, followed by an open-ended discussion on artist representations of the self. Finally, participants

will be invited to create self-portraits that reflect the current and the imagined (who we are, who we hope to be). Museum staff will be available every step of the way to ensure a fruitful discussion and help participants bring their artistic visions to life.

Sage 218 Let Your Posts Speak: Sharing Your Organization's Values Through Social Media

Alice Martineli, *Stetson University*

Carol Stein, *Stetson University*

Social media is one of the most popular ways people share who they are and what matters to them. For Bonner students and other organization leaders, it has also become a tool to highlight the values of service, leadership, and community that guide our work. In this workshop, we will demonstrate how social media can be used intentionally, as a tool to tell authentic stories about what we care about and how we are making the change we want to see in our community. The session will be interactive, giving participants a chance to reflect on their own values and brainstorm how those can be highlighted online. We'll look at real examples of posts that connect to Bonner values, discuss what makes them meaningful, and learn some content creation techniques that reflect our personal and community missions. By the end, participants will have learned practical ways to align their digital presence with their values and a deeper understanding of how "letting your life speak" can (and should) happen in online spaces.

Sage 222 Learning from the Civil Rights Travel Course
(4:15PM – 4:50PM)
35-min
Session

Jeremy Posadas, *Stetson University Marchman Chair*

Alexis Hitchens, *Stetson University*

Asmaa Ali, *Stetson University*

Alexandria Metivier, *Stetson University*

Eduarda Machado de Souza, *Stetson University*

Derrick Doh, *Stetson University*

Every summer, Stetson sponsors a week-long travel course through the Deep South, visiting key sites of and memorials to the Black-led civil rights movement of the 1950s-60s. (Most students receive a full scholarship to participate.) This panel discussion will feature students who have taken the course in recent years sharing key insights they gained from it. Students attending the workshop will learn more about organizing for social justice and other key topics of the course as well as plans for the trip in 2026.

Sage 222 Introducing the New Minor in Civic & Social Responsibility**(4:55PM – 5:30PM)** Jeremy Posadas, *Stetson University Marchman Chair***35-min
Session**

Stetson has just launched a new Minor in Civic & Social Responsibility, which allows students to integrate academic study of social justice issues with hands-on community engagement. This workshop will provide an overview of the minor's requirements and community opportunities and allow students to think about how the minor could allow them to deepen their commitments and expand their leadership skills.

Sage 257 Breaking the Cycle: Real Talk and Recovery Strategies for Substance Wellness**(4:15PM – 4:50PM)** Fronk Scholars, *Stetson University***35-min
Session**

This session provides a comprehensive, interactive exploration of substance use, recovery, and wellness through the lens of values-based coping strategies. Participants will be introduced to Fronk, community partners, and key resources available for addiction recovery and health promotion. The core of the session consists of 3-4 interactive tables, each focused on a different substance—Tobacco, Fentanyl, and Percocet—detailing what the drug is, its side effects, and engaging attendees in hands-on learning activities. Through these tables, participants gain practical knowledge about the physical and mental impacts of each drug and reflect on personal values that can support healthier choices. The session concludes with a 10-minute recap that presents a tailored support plan linked to one of the Health & Wellness pillars, mental health and values-based coping, physical wellness as self-care, addiction recovery and values reconstruction, or healthy relationships and boundary setting. Attendees are invited to share feedback and insights, fostering community dialogue and empowerment. This format promotes active learning, encouraging participants to internalize information and apply it meaningfully to their lives.

Sage 257 Values in Action: Creating Your Vision Board for Authentic Living**(4:55PM – 5:30PM)** Taylor Hibel, *Community Engagement***35-min
Session**

Our values guide our choices, shape our relationships, and influence the kind of world we seek to build. Yet too often, values remain abstract ideals rather than daily practices. This interactive workshop uses the creative process of building a Values Vision Board to help participants clarify their core values and daily actions to live out those values. Participants will reflect on the values most important to them, translate those values into visual representations through collage, and leave with a tangible piece of art that can serve as a daily reminder of how to “let your life speak.” Together, we will consider what authentic living looks like when grounded in values, and how we as a community can live our shared values more fully.

CUB Rocks *Gillespie Museum (Rain Plan)	Nature Therapy for Environmental Advocacy Eve Payor, <i>Stetson University Grants Office / Singing Pines Forest Bathing LLC</i> Nature therapy is a practice open to everyone, that focuses on being present and aware of the natural environment to allow its positive effects on the body, mind and spirit. It can reveal a deeper human connection to the natural world and restore our own innate balance. In this safe space, we recognize that the natural world is not merely a collection of resources, but sacred, to be revered and respected with right relationship and reciprocity. Using these ideals, we can better understand and advocate for conservation of the natural world.
Rinker Env. Learning Center (RELC)	Tie-Dying with Natural Dyes Kathryn Carpenter, <i>Stetson University Institute for Water and Environmental Resilience</i> Casey Ramey, <i>Stetson University Institute for Water and Environmental Resilience</i> Native plants and landscapes help our environment stay strong and healthy, and one of the ways that we connect to these landscapes is through artistic exploration. At the Sandra Stetson Aquatic Center, the Bartram Trail and Gardens serve as a hands-on space where visitors can see the benefits of native landscaping, discover different uses for the plants grown there, and immerse themselves in the history of the region through the Beresford Mural. During the workshop at the Rinker Environmental Learning Center, participants will connect to the native Florida landscape by exploring local plants from the Sandra Stetson Aquatic Center that can be used to dye textiles, and then gain hands-on knowledge on how to use pre-made natural dyes from plants by making their own tie-dyed bandanna.
CUB Lee's Garage	Becoming the Representation You Needed Ann-Marie Willacker, <i>Stetson University and Volusia Pride</i> Many of us can recall a time when we needed to see someone like us — someone whose story reflected our own and showed us that we belonged. This workshop invites students to explore those moments and consider how they can step into that role for others. Through guided reflection, storytelling, and collaborative discussion, students will discover how their identities, experiences, and passions can shape the way they “let their lives speak” on campus and beyond.

5:30 – 7:30 p.m. Evening Programming

Cross-Cultural Center (109) **Values through Film** – Cotton candy and popcorn will be served courtesy of Stetson University's Student Counseling Services and Residential Living and Learning.

***Behind the Big Camera (Documentary)* Run time 15 minutes**

Rodrigo Teixeira (s), *Stetson University*

Behind the Big Camera is a personal documentary that follows my journey as an international student and filmmaker, capturing the challenges, growth, and discoveries that shaped my path. Through storytelling and behind-the-scenes moments, the film highlights resilience, purpose, and the importance of community in shaping identity. Its connection to Values Day lies in its focus on authenticity, service, and personal growth, reminding us that our values not only guide who we are but also how we use our gifts to impact others.

***Postcards from Canaveral (Documentary)* Run time 26 minutes**

Nathan Wolek, *Stetson University*

This video documentary about Canaveral National Seashore is told in two parts. Part one tells the story of Young Sound Seekers, a community partnership designed to create opportunities for visually-impaired youth with our public lands. It compiles interviews with the people involved who each talk about what they will take away from the experience. Part two explores the seashore through its soundscape, both above and below the water's surface. It gathers the sounds of Canaveral's waves, wind, and wildlife to present a guided audio tour narrated by some of the Young Sound Seekers. The audience will leave with a better understanding of why the soundscape at Canaveral should be treasured and protected.

***Just Mercy (Movie)* Run time 2 hours 16 minutes**

Directed by Destin Daniel Cretton

After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation. One of his first cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence. In the years that follow, Stevenson encounters racism and legal and political maneuverings as he tirelessly fights for McMillian's life.

Acknowledgements

Planning Values Day is a significant undertaking. The Values Day Planning Committee wishes to thank the following **offices** for their tremendous support in making the day successful:

- University Events
- University Marketing
- Center for Community Engagement
- Cross-Cultural Center
- Center for Dialogue and Civic Action
- WORLD: The David and Leighan Rinker Center for International Learning
- The School of Business AdministrationThe School of Music
- The College of Arts and Sciences
- The College of Law
- The Office of the Provost
- The Office of the President
- Facilities Management
- Public Safety
- The Brown Center for Faculty Learning & Innovation
- Chartwells / Dining Services

Further, this day would not be successful without the many talented and thoughtful members of our community who proposed **workshops and programs**, which are often the engines of innovation that challenge us to think about and act upon our values in new ways.

Finally, we owe a debt to our eighth president, **Dr. H. Douglas Lee**, for both his vision of a university grounded deeply in values, and his courage to turn those values into action through initiatives across the university and our surrounding communities. Indeed, that vision and courage could be found, too, in Doug's personal mission and motto: the old Quaker saying, "Let your life speak". May we continue to honor his legacy by making Stetson a place **where learning and values meet**.



Values Day Planning Committee

- Sarah Cramer, Assistant Professor of Sustainable Food Systems
- Erin Doggette, Executive Director for Cultural, Civic, & Community Engagement
- Taylor Hibel, Program Director for Bonner & Community Engagement
- David Hill, Professor of Political Science
- Julie Hunter, Executive Director of University Events & Conference Services
- Harry Price, Faculty Director Brown Center for Faculty Innovation and Excellence, Associate Professor Department of Chemistry and Biochemistry
- Caitlin Swann, Associate Director of Dialogue and Civic Action
- John Tichener, Associate Professor of Management, Business Systems and Analytics Dept

Cultural Credits

Students can obtain **up to six** Cultural Credits through participation in Values Day programs. The following programs have each been approved for Cultural Credit:

1. Opening Ceremony
2. Workshop Block #1
3. Global Citizenship Fair
4. Interactive Dialogue
5. Workshop Block #2
6. Values Through Film

To receive Cultural Credit, students must complete the Cultural Credit request form available via QR code and link in each session. You **MUST** be present to receive request form.