

## Understanding & Fostering Welcoming Spaces for Neurodivergence UNITE Workshop Worksheet

## Reflect

Think about a time when you made assumptions about someone who was neurodivergent. What
assumption did you have? Where do you think this came from? What negative stereotypes and
stigma have you heard about neurodivergent people?
Reflect & Share
What is something you learned from the last few slides? If you didn't learn anything new, what is
something that you already knew that was reinforced?
Pair & Share
What do you know about the neurodiversity paradigm? Describe its importance and relevance.

Small Group Activity
Share a time when you have witnessed or learned about an example of the strength of
neurodiversity on or around campus.
Self-Reflection Activity (Introspectively)
What can you do in the next 2 weeks to continue your introspective journey related to supporting
Neurodiversity at and beyond UNC?
Pair & Share Activity (Passively)
What systems do you currently have in your workplace to support and empower neurodiversity?
If you can't think of any, what systems can be implemented to support and empower
Neurodiversity in your workplace?
Reflection Activity (Actively)

4: Build a Shared Language
5: Design Rituals
6: Practice Coregulation Exercises
instorm how you can manifest this phase when

## **TQE Activity**

What <b>Thoughts</b> , lingering <b>Questions</b> , and/or <b>Epiphanies</b> do you have related to the challenges	
facing neurodivergent individuals? Share them in your small group/row. Consider social,	
interpersonal, masking, medical, psychological, healthcare, & higher education.	