



CSUB Heroic Ambassador Project : A Campus Approach



ambassadors heroic

upstander
growth program

supporting CSUB
bias heroes

bystander

mindset students success
reduction student

intervention

What is the Heroic Imagination Project?



HIP trains everyday heroes to take
effective action in **challenging**
situations

ACTIVITY: Introducing heroism



What are your strongest strengths?

Who are your heroes or people who others consider
to be their heroes?

What are some traits of a hero?

HERO

a person who takes action on behalf of someone else or the greater good, even if it involves risk or sacrifice.

EVERYDAY HERO

a person who practices daily acts of kindness, wisdom, and courage to make the world a better place.





How It All Began: Intro to Heroic Imagination





Integrating HIP at CSU Bakersfield Institutional Strategy for Facilitating Heroes

Creating the
Heroic Ambassadors Program

Building the heroic skill set

Social and personal resilience

Compassion and empathy

Grit and learning ability

Courage and vulnerability

Mindfulness

Emotional intelligence

Individual-specific skills

Building the heroic imagination

heroic imagination: the ability to understand how **acting or failing to act** can impact a situation as well as **what action** might specifically be used to transform a situation

(knowing our actions matter as well as what action we should take)

“mindset”

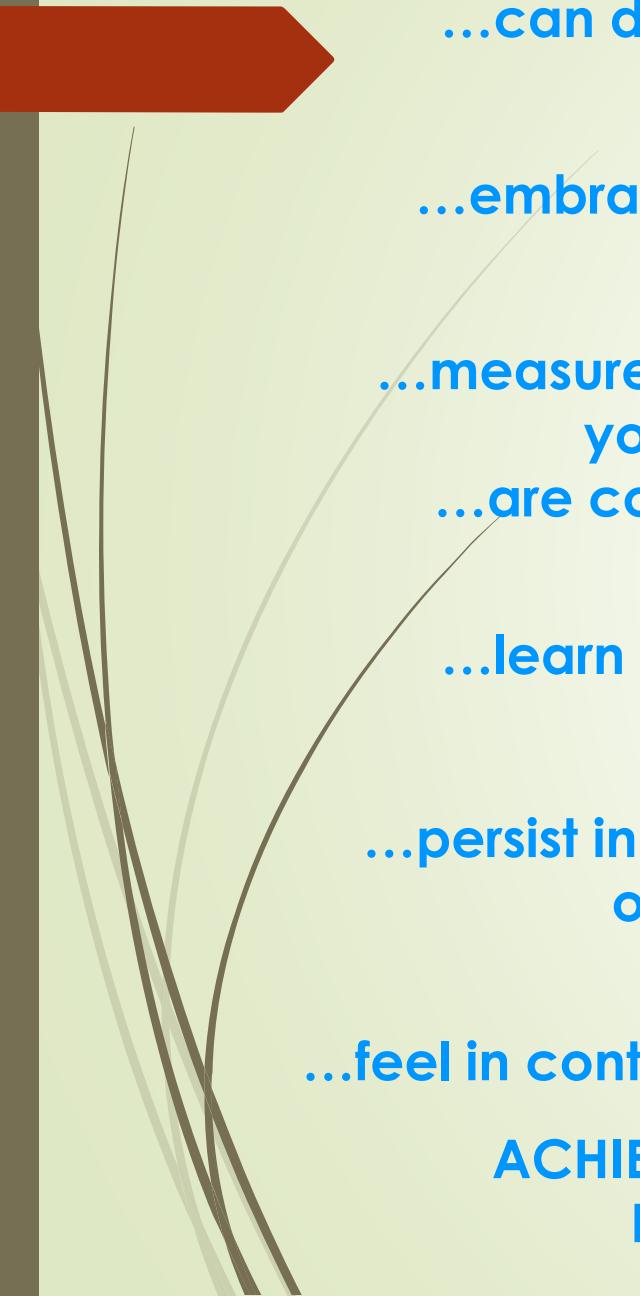
The beliefs we have about our abilities.

I believe my
abilities can
grow

GROWTH

I believe I was
born with as
much ability as I
will ever have

FIXED



With a GROWTH MINDSET, you
...can develop abilities

...embrace challenges

**...measure progress against
your past self**

**...are concerned about
learning**

...learn from criticism

**...persist in the face of failure
or setbacks**

...feel in control of your learning

**ACHIEVE YOUR FULL
POTENTIAL**

With a FIXED MINDSET, I

**...was born with as much
ability as I will ever have**

...avoid challenges

...compare myself to others

**...am concerned about
performing and being judged**

...am offended by or ignore criticism

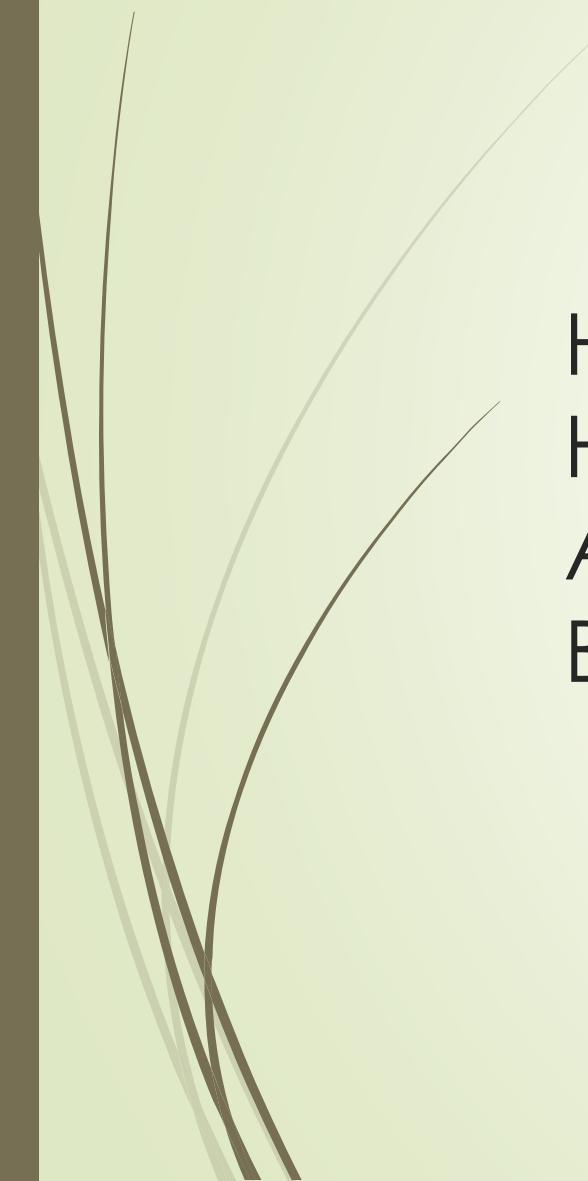
...give up easily

**...feel helpless to change my
outcomes**

FALL SHORT OF MY POTENTIAL

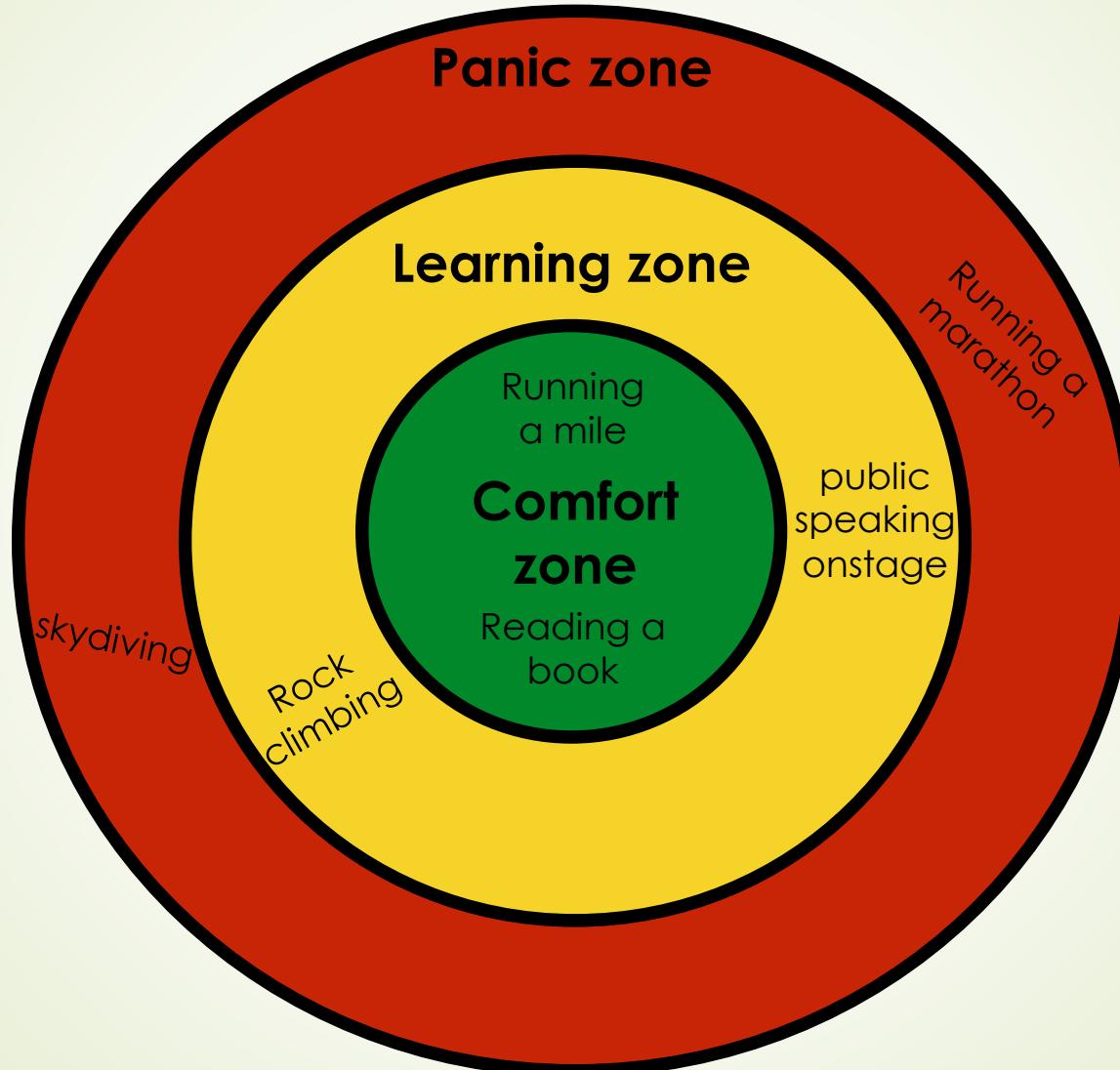


Importance to Students



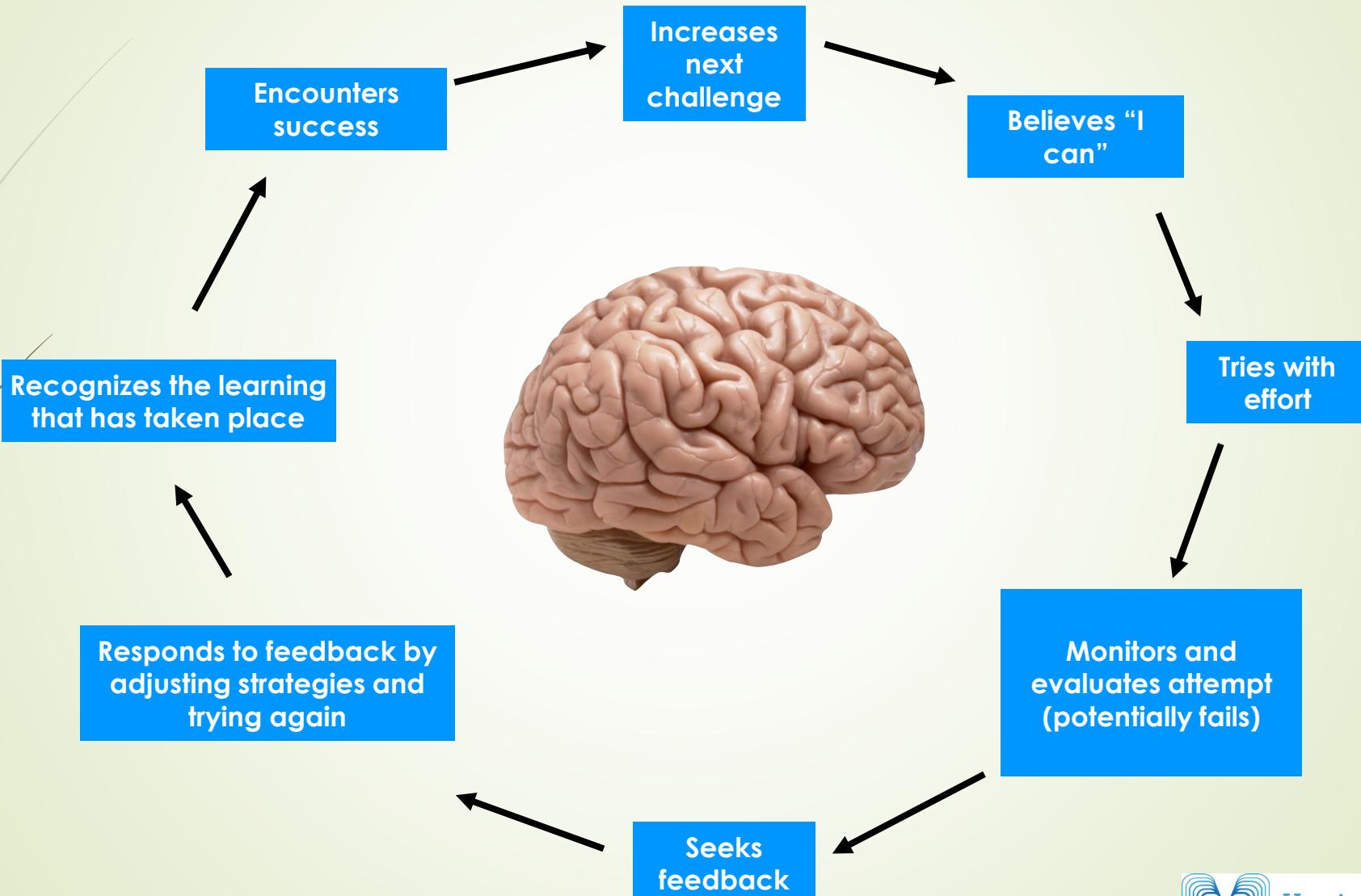
Helps students think about their self talk
Helps students loosen from fixed mindset
Allows students to think of their own heroes
Begins to let students think of themselves as heroes.

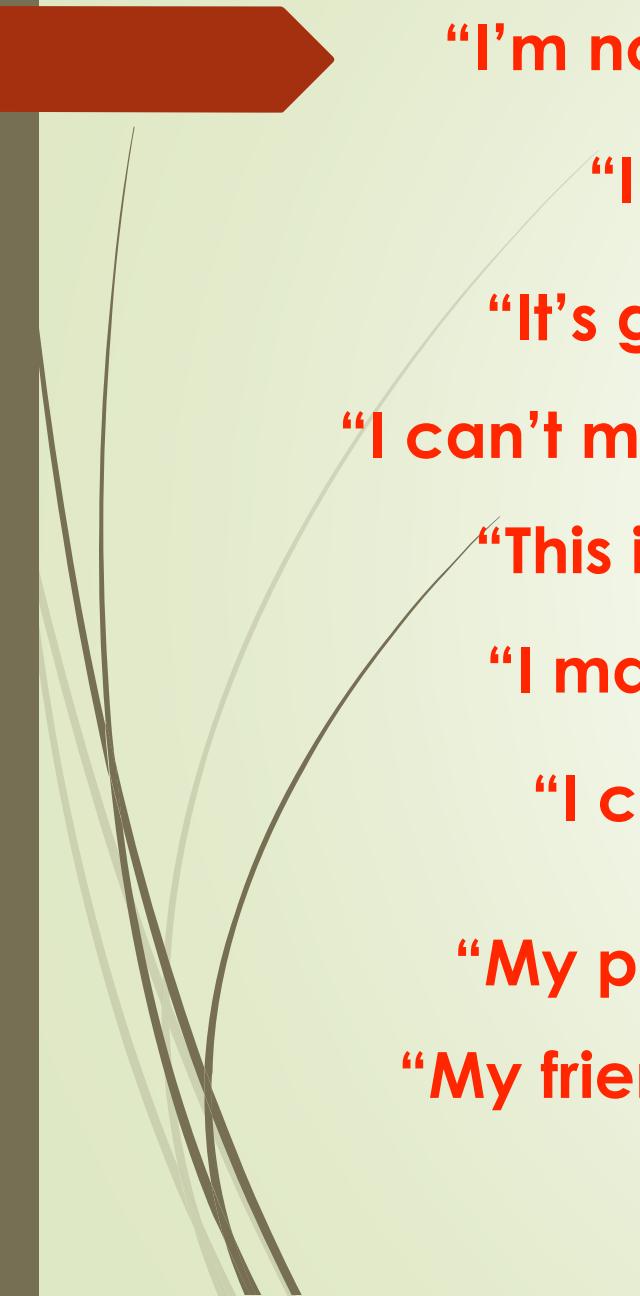
Challenge: the try target



Adapted from "The Growth Mindset Coaching Kit"
by Rachel Sykes and Jeremy Frith

True growth mindset





Trash talk

“I’m not good at this.”

“I give up.”

“It’s good enough.”

“I can’t make this any better.”

“This is too hard.”

“I made a mistake.”

“I can’t do this.”

“My plan didn’t work.”

“My friend can do it and I can’t.”

Useful talk

“What am I missing?”

“I’ll use a different strategy.”

“Is this as good as I can do?”

“I can always improve this.”

“This might take some time.”

“Mistakes help me learn.”

“I am going to train my brain to do this.”

“What’s my Plan B?”

“My friend did it so I can learn from them.”

ACTIVITY: Introducing heroism



What are your strongest strengths?

Who are your heroes or people who others consider
to be their heroes?

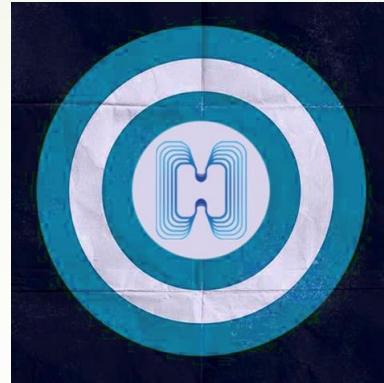
What are some traits of a hero?



REDUCING BIAS



This training will help you...



SPOT STEREOTYPING
OPEN TO “THE OTHER”
DEFY DISCRIMINATION



Stereotype Threat

An anxious or scared feeling that someone gets when they think they are being stereotyped that might lead to them performing poorly.

How can stereotypes affect girls and women?

<https://www.youtube.com/watch?v=XjJQBjWYDTs>

How can stereotypes in commercials affect boys and men?

<https://www.youtube.com/watch?v=T4OONiSwmA0>



Have you ever experienced stereotype threat? What was the situation? Did it affect how you felt, what you chose, or how you performed?

What would you do?

You're walking down the city sidewalk with your coworkers, on your way to lunch. A group of foreigners pass you, speaking loudly in their native tongue. They are dressed very differently than anyone else on the street. At lunch one of your coworkers starts talking about how immigrants are a threat to the local job market and will make the city less safe. There is a man in the group who you know is the child of immigrants; he is keeping very quiet. The coworker who began the conversation keeps looking pointedly at him throughout the exchange.



Bystander Effect

5 Obstacles

1. Diffusion of responsibility
2. The spotlight effect
3. Group ignorance
4. You're distracted or in a hurry
5. Helping could be difficult or dangerous

1. Diffusion of Responsibility

The Tendency: The more people are present, the less you feel responsible to help.

The Problem: Since nobody feels responsible, often no one will help at all.

The Solution: Take responsibility:
Assume no one will help if you don't.

The Power of One!

2. The Spotlight Effect

The Tendency: You assume others will notice you and judge you.

The Problem: You fail to help because you don't want to stand out in the crowd.

The Solution: *Defeat the spotlight effect!*
Ignore onlookers and help anyway!

3. Group Ignorance

The Tendency: You rely on a group for understanding what is happening.

The Problem: You misinterpret the situation, and fail to recognize danger, or you fail to help.

The Solution: *Think for yourself! Don't assume the crowd is well-informed.*

4. You're distracted or in a hurry

The Tendency: You don't even **notice** that something is happening!

The Problem: You lose the opportunity to choose your response.

The Solution: *Slow down, and **pay attention** to your surroundings.*

5. Helping could be difficult or dangerous

The Tendency: You are wary of getting involved in something that could be risky or dangerous, or in situations where you aren't sure how to help.

The Problem: This is a realistic concern. It is unwise to put yourself at risk of harm.

The Solution: Consider how to help wisely and effectively. Call 911!

Find an ally: the Power of Two!



Conclusions
Questions
Comments

