

# Post-Election Events and Programs

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## University of South Florida

USF's Voter Friendly Campus efforts are designed to support student democratic engagement and civic learning within a healthy campus political climate. A healthy campus political environment at USF is driven by USF's Principles of Community and leadership and civic engagement concepts (e.g. controversy with civility, conversations across difference, community engagement, active citizenship) all within the bounds of community conduct expectations.

In preparation for variety of potential reactions to this year's election process, Student Success staff and students from across all three campuses have been developing resources and events to support a healthy post-election community. We encourage all USF Bulls to engage as active citizens while managing your health and wellness needs.

For more information, please contact the [Center for Leadership & Civic Engagement \(CLCE\)](#), at [CLCE@usf.edu](mailto:CLCE@usf.edu).

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### Beans & Banter 2020: Presidential Election

**Thursday, October 29, 2020, Noon – 1 p.m. EDT**

**Sponsor: Center for Leadership & Civic Engagement, Tampa campus**

Join CLCE student staff for a peer-led conversation about the 2020 presidential election. Brew your favorite cup of coffee or tea and join them on Teams to share your thoughts and learn about your peer's feelings regarding the 2020 presidential election.

### Post-Election Community Hour

**Wednesday, November 4, 2020, 1 – 2 p.m. EDT**

**Sponsor: Office of Multicultural Affairs, Counseling Center, Center for Leadership & Civic Engagement, Tampa campus**

Join the Office of Multicultural Affairs, the Center Leadership and Civic Engagement and the Counseling Center as we host a Post-Election Community Hour. This space will focus on support, self-care, conversation with civility and sharing thoughts on how we can create social change. No matter your political affiliation, we are #ONEUSF and guided by our Principles of Community. Go Bulls!

### What's next? Moving Forward Post-Election

Friday, November 6, 2 - 3 p.m. EDT

Monday, November 9, 1 – 2 p.m. EDT

Thursday, November 12, 3 - 4 p.m. EDT

**Sponsor: Counseling Center, Tampa campus**

Please note: These spaces are open to USF students only. Want to talk about what comes next? Come connect with your fellow Bulls to engage in support, community, and constructive dialogue. Bulls from across the political spectrum are welcome. These 1-hour long spaces will be hosted by counseling center clinicians, with no formal agenda, so come to use the space as it would feel helpful to you. You may come and go at any time, but please turn your cameras on. You will need to be signed in as a USF student in Teams, and no anonymous participants will be admitted. Hosted by counseling center clinicians, with no formal agenda.

### What Now? Citizenship in a Post-Election Environment

**Tuesday, November 10, 2020, 11 a.m. – noon EDT**

**Sponsor: Center for Leadership & Civic Engagement, Tampa campus**

Discuss active citizenship and engaging in positive social change in a post-election environment. This program will provide you with an understanding of how to effectively identify and practice active citizenship behaviors in our current social climate. Guided by the Social Change Model's "Citizenship" and the Active Citizen Continuum, we will define the concept of active citizenship and how to effectively apply it in the post-election space to work toward positive change.

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## Mental Health and Wellness Support

### Counseling Center Single Sessions

October 26 – November 6, 2020 – times vary

Sponsored by: Counseling Center, Tampa campus

For services on the St. Petersburg and Sarasota-Manatee Campuses please contact the [St. Petersburg Wellness Center](#) or the [Sarasota-Manatee Counseling & Wellness Center](#).

Tampa campus students do not have to become regular clients at the Counseling Center in order to attend a same day appointment to gain support and help managing distress. Multiple counselors will be available during business hours to support students who may want same-day support. Students can call our main counseling center number (813-974-2831) to request a same-day online appointment.

### Drop-in Workshops: Focusing on Managing Election Related Stress

October 26 – November 6, 2020 – times vary

Sponsor: Counseling Center, Tampa campus

During the weeks of October 26 – November 6, we will be dedicating some of our time and attention in several Drop-In Workshop spaces to focus on managing election-related stress. While these sessions will continue to address their typical weekly topics, we will also apply many of these skills and supportive elements to coping during election season. Feel free to let the facilitators know how they can address your specific needs!

[Our Voices \(Chat & Connect Space for BIPOC Students\)](#) – Tuesdays at 3 p.m.

COVID19, racism (white supremacy), killings of unarmed Black people, institutional oppression, school, family, and other stressors impact BIPOC students in unique ways, which may be exacerbated by the upcoming election season. USF BIPOC students can join this community-based support space to process their experiences and support one another

[Mindfulness Meditation](#) - Wednesdays at 11 a.m.

Attending to one's breath and surroundings without judgment can be beneficial for helping students cope with the stress of election season

[Empowerment \(Healing from Interpersonal Trauma\)](#) – Wednesdays at 1 p.m.

Election season during quarantine can increase distress related to interpersonal trauma. The Empowerment space will focus some time on offering related support

[The Magic of the Middle Path \(Distress Tolerance Skills\)](#) – Wednesdays at 2 p.m.

Learn skills to manage emotions and effectively use distractions to cope with election-related and other distress

[Building Strength in Remembrance \(Grief\)](#) – Fridays at 1 p.m.

This drop-in space will focus some time on helping students cope with feelings of loss or anticipated loss that they may experience as a part of election season during a pandemic

[Relaxed Body Calm Mind \(Yoga\)](#) – Fridays at 2 p.m.

This drop-in space will include opportunities for students to connect to their breath and their bodies and take a stance of emotional acceptance to help cope with election-related stress



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