



Personal Changemaking

Practicing Personal Changemaking allows our community members (students, staff, and faculty) to explore their own selves. At this level, 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 identities, 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 affecting us all, especially those with the most pressing needs.

Examples:

- Volunteering regularly with a local non-profit, school or government organization
- Engaging in local projects with community to eradicate isms
- Identifying and working collaboratively to address university structures and processes that perpetuate inequity

National Changemaking

Practicing National Changemaking involves civic engagement in the life and government of our nation. It aims to focus our community members in advocacy, voter engagement, and mindful and respectful dialogue.

Examples:

- Voter registration
- Voting in elections (local/national)
- Participating in advocacy
 - Calling an elected official
 - Writing to an elected official
 - Visiting an elected official
 - Participating in a caucus

Global Changemaking

Practicing 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 and driving an understanding that our world is interconnected and interdependent.

Examples:

- Bringing awareness of global issues to the St. Thomas Community
- Volunteering with an ethical locally minded non-governmental organization while traveling or studying abroad
- Starting a social enterprise that connects global suppliers with local customers (or vice versa) to address an important market need
- Understanding the consequences of foreign policy and advocating for just policies



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