



GT-EAS URGE, Georgia Institute of Technology

## Session 1: Deliverables, Group Norms – Setting Ground Rules

1.

One of the sincerest forms of respect is actually listening to what another has to say. I will commit to listening to understand, instead of being able to reply.

2.

Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never a weakness... the most courageous act is still to think for yourself. Aloud.

3.

Race is not a science, right and wrong will come from the heart and mind of the individual. We will have disagreements, there will be tense moments. Yet, rough seas make smooth stones, but smooth seas never produced a skilled sailor.

4.

We will not always agree, but invalidating or arousing hostility is unacceptable. Please talk to your pod leader if you feel uncomfortable or want mediation with another pod member, and respect if the pod leader seeks to quell any heated disputes.

5.

How you say things, and how you listen, can hurt just as much as words. Please be mindful of the subtle ways you may respond.