



Getting the Reps with: UCLA Softball's Sue Enquist

Embracing Difference

Key Takeaways

- We have a tendency to gravitate to people who are like us and sometimes we judge quickly when we don't know people.
- Be aware of different kinds of people and try to increase diversity of thought and background.
- Learning more about your teammates' backgrounds and families can help bring the team together.

Things to Think About

- What are some of the ways that your teammates or classmates might be different from you?
- Do you ever make assumptions or judgments about people you don't know very well? What are some examples?
- How would it help your team to have people who are different from one another?
- How might you question your own assumptions about someone who is different from you?

Ways to Practice

- Play "I Bet You Didn't Know" with your team or friends. Each person says something about themselves or their family that they don't think anyone knows.
- Think about someone at school you don't know very well. What are the assumptions or judgments you are making about them?
- Find someone who is unlike you in some way who you would consider successful. Find an article or video about them that helps you understand their background and their path to success. Share with your team or on social media.

