**Applying include Talents in Academics**

*These insights and action ideas can help you apply Includer talents to achieve in various aspects of your academic life,*

**General Academic Life**

* In Small groups in class, try to get each student to participate. Ask him or her for opinions.
* Ask shy people to walk to class with you.
* Research people of different cultures in your community. Invite
* Some of these people to attend a community or university event with you.
* Attend lectures or speeches by guest speakers of different nationalities. Introduce yourself to others attending the session, drawing them into a Conversation with you.

**Study Techniques**

* Study with other people. If someone in the group is not talking, try to bring him or her into the conversation.
* Invite someone who is shy but intelligent to study with you.
* Start a small study group of people who seem more hesitant to talk, and include a couple of more verbal people as well.
* Search out books on the culture of a prominent ethnic group in your community. Use your new information to help include some people of this culture in activities in which you participate.

**Relationships**

* Expand your relationships to have a diverse group of friends with whom you participate in activities.
* You can adjust to many types of people and help them feel welcome. Invite others to your social activities,
* Welcome new students to your dorm or living space. Many people assume that others will just make themselves at home. You help them feel a part of the group.

**Class Selection**

* Sign up for classes in which you will learn more about the uniqueness of particular groups of people. Use this information to help them feel included.
* Select classes in which the professor tries to involve each student.
* Select classes that promote diversity,

**Extracurricular Activities**

* Your ability to help others feel like part of the group will make you a valuable member of student organizations and Service groups.
* Help tutor those who do not have the social or economic privileges you have. Develop or participate in programs that promote diversity.
* Volunteer to help with a cause such as Special Olympics.