

# Pitt u.lab Hub at the Swanson School of Engineering

## April 2020 Newsletter

*Dear Pitt u.lab hub community,*

Over the last month, we have been actively involved in community-oriented as well as student-focused actions to mitigate the effect of COVID-19. This month, we will continue with these initiatives. Your co-hosts would like to thank those who generously shared their time and care. We would also like to invite more engagement from our hub members. Let's connect and get through this test together.

In this newsletter, you will find Pitt u.lab hub's actions to help communities in the greater Pittsburgh region, including hosting weekly virtual social solidarity circles and co-leading the Pittsburgh Community Action group. You will also learn about Part 2 of our Lunch and Listen series, and our third community gathering.

1. [Social Solidarity Circles](#) every Tuesday afternoon
2. [Pittsburgh Community Action for COVID-19 Planning Series-Meeting](#): every Sunday afternoon
3. [Lunch and Listen series part 2 on April 16](#)
4. [Third u.lab 2x community gathering on April 30](#)



### *Social Solidarity Circle*

Over the last month we held the first social solidarity circle with an amazing group of students, undergraduate and graduate, domestic and international. This experience confirmed the need for high quality and guided social interaction at this special time. As such, we are offering eight weekly sessions in the months of April and May to continue holding caring virtual space for our students. For faculty and staff hub members, please feel free to share this opportunity with your students.

Each circle is made of 5 members from diverse backgrounds and will be led by an experienced Pitt u.lab hub member. By joining a social solidarity circle, you will not only benefit from close-knit peer support groups, but also learn Theory U leadership skills to help turn this crisis into a learning opportunity.

To learn more about the social solidarity circle method, please check out [this guideline](#). It is adapted for social distancing contexts based on the coaching circle method. For hub members who are familiar with coaching circle methods, I would encourage you to volunteer to lead a virtual social solidarity circle.

Interested in joining a social solidarity circle? You can either register for [a weekly session](#) to experience it, or fill out [this short application](#). The Pitt u.lab hub hosts Gemma Jiang (gej20@pitt.edu) or Christina Ong (cno4@pitt.edu) will review applications on a rolling basis.

This opportunity is also being offered to community members outside Pitt u.lab hub through several grassroots community support groups.

**Time:** 2:00-3:30pm, Tuesdays, April 7-May 26

**Zoom Link:** <https://zoom.us/j/2754072928>

**Register for Social Solidarity Circles here!**

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***Pittsburgh Community Action for COVID-19  
Planning Series: Meetings 2-5***

The Pitt u.lab hub has aligned with several Pittsburgh-based organizations to co-lead the Community Action Group. Over the last month, we have held two community meetings to map out the resources and to check-in on actions. This month we will continue to lean in for our community every Sunday afternoon. We welcome volunteers from the u.lab hub. Just drop in during one of our Sunday afternoon meetings, and we will help you find a focus area that works best for you.

**Time:** 2:00-4:00pm, Sundays, April 5-26

**Zoom Link:** <https://zoom.us/j/2754072928>

**Register for COVID-19 Planning Series here!**

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## *Lunch and Learn Series: Part 2*

Part two of the Lunch and Listen series is live now, with a focus on understanding the capacity building needs of change makers in Pittsburgh. Have you been to training and workshops? How have your experiences been? How well have these capacity-building efforts served your change making work? We are curious to learn about your stories.

Last month we had Part one of the Lunch and Listen series where we gathered telling stories about the social change ecosystem in Pittsburgh. We learned that we need social spaces where organic collaborations are developed, whole-cycle and all dimensional support is provided, innovative solutions are encouraged, and new leadership and organizational structures are introduced, diversity of people are welcomed, and deep rooted assumptions are examined. These are perfectly aligned with the goals for our prototyping initiative for the "Adaptive Space" in the fall.

We are grateful for outstanding facilitation provided by our collaborators Marc Rettig and Hannah du Plessis from Fit Associates. We would love to see you for Part two of the series on April 16.

**Time:** 11:30AM - 1:15PM, April 16

**Zoom link:** <https://zoom.us/j/5531518316>

Register for the Lunch and Learn Series here!

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### *Third u.lab 2x Community Gathering*

This month's community gathering focuses on Presencing. Through this learning module, you will transition from looking at the system from the outside to exploring what it looks and feels like from within. This will surface deeper leverage points for change and prototyping possibilities.

We have two zoom links: one for the global call, one for our Pitt u.lab community call.

#### **Global u.lab community call**

10:00-11:15am, Thursday April 30, 2020; Zoom link:  
<https://presencing.zoom.us/j/554099705>

#### **Pitt u.lab hub community call**

11:15am-12:30pm, Thursday April 30, 2020; Zoom link:  
<https://zoom.us/j/2754072928>

If you have not done so, please follow [this link](#) to join Mighty Networks. This is the platform for all u.lab 2x participants, with resources on the U process, as well as platforms to interact with global u.lab community members.

**Register for the u.lab 2x Gathering!**

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We look forward to seeing you at our community events. We stand with you for unity and understanding during this special time. Best wishes to all.

**Your co-hosts,**  
***Gemma, Stephanie, Christina, and Ron***

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