Graduation 2017 was a big event for Aggies Elevated! On Saturday, the three students of Cohort 2--Brenna Mantz, Jason Greenhalgh, and Daniel Chesler--graduated with their Certificates in Integrated Career & Community Studies during the Emma Eccles Jones College of Education & Human Services Commencement. Joining Brenna, Jason, and Daniel in Saturday’s festivities and receiving bachelor’s degrees were mentors Hadley Bangerter, Savanna Steed, Wynter Holtman, Molly George (COMD), and Tawny Ellett (FCHD). On Friday, Aggies Elevated intern Kayla Currier received her Master of Rehabilitation Counseling degree, and Independent Living Success Coordinator Jeff Sheen received his Ph.D. in Disability Disciplines. Congratulations to all of our Aggies Elevated graduates!
Students learn to have ‘Crucial Conversations’

By Sarah Bodily, MS
Program Director

The second year students read a text in Navigating Adulthood called, “Crucial Conversations: Tools for Talking when Stakes are High.” This book gives real life examples of how to make a conversation safe and productive. The definition of a crucial conversation is, “a discussion between two or more people where:
• Stakes are high,
• Opinions vary,
• And emotions run strong”

The book discusses ways to identify crucial conversations, then teaches you how to have an effective crucial conversation. A lot of the discussion is focused on the workplace and improving your communication there, but the concepts presented can be applicable for any situation.

The students have asked how these concepts apply to real life. We have been trying to help them recognize that each conversation they have as adults can be a crucial conversation.

- Where do you plan to live after you graduate? How will you pay for rent, utilities, entertainment?
- Do you want to get married? How will you handle relationships to get to that point?
- How do you respond when your supervisor gives you feedback?
- What if your roommate is really messy and you are fed up with their junk all over?

The model proposed in this book is one that can be very valuable and, if applied into everyday life, can have lasting positive impact. The pool of shared meaning is the area we focus on the most in our class. If the general population focused on creating mutual respect and mutual purpose in their conversations, you would always feel that your opinions were respected and your voice was safe. Arguments would no longer be arguments, they would be productive discussions leading to a mutually beneficial outcome.

This book will be a great resource to you and to your young adult as they spread their wings to independence.

The Aggies Elevated parent newsletter will be back in September! Have a great summer!