

### Flex Week Proposal:

<b>Title</b>	<b>"Journey Through Excellence: A Black History Adventure!"</b>	
<b>Experience Category</b>	Clinical shadowing Research-related Community Service	Professional Enrichment Courses (PECs) Professional Development <b>Wellness</b>
<b>[bold your category]</b>	Other: <b>Cultural enrichment</b>	
<b>Goal</b>	"Join us for 'Journey Through Excellence: A Black History Adventure!' This day is dedicated to acknowledging and celebrating the incredible contributions of the Black community throughout history, in and out of Pittsburgh.	
<b>Brief Description</b>	Participants will watch the impactful documentary ' <i>Freedom House: The FIRST Responders</i> ,' followed by a thought-provoking speaker session. Engage in a guided reflection, delving deeper into the documentary's themes. Then, enjoy an exciting session of Black history trivia, testing knowledge on iconic figures, pivotal events, and cultural achievements. As participants engage in friendly competition, they'll also savor delicious food reflecting the diverse flavors of Black cuisine.	
<b>Organizer</b>	<b>SNMA</b>	
<b>Admin Coordinator (contact info)</b>	Robyn Amegashie (Roa97@pitt.edu) Mistre Newton (Min100@pitt.edu)	
<b>Department</b>		
<b>Capacity (# students)</b>	<b>10</b>	
<b>Location</b>	TBD (Scaife Hall)	
<b>Reporting Info</b>		

<b>Week</b>	<b>Start Date (Mon)</b>	<b>End Date (Fri)</b>	<b>Available?</b>
5	Tue 9/5/23	9/8/23	
12	Mon PM 10/23/23	10/27/23	
26	1/29/24	2/2/24	
30	<b>2/26/24</b>	<b>3/1/24</b>	<b>X</b>
59	9/16/24	9/20/24	

	<b>THU</b>
<b>AM</b>	<b>11:00-12: Documentary Screening</b>
<b>PM</b>	<b>12-1 - Lunch (provided)</b> <b>1-2- Speaker</b> <b>2-3- Reflection</b> <b>3-5: Trivia</b>