

## **A Selection of Quotes from Allies Institute Student Evaluations...**

*"This experience should be mandatory General Education curricula. Every student missing [this retreat] experience is missing out on something vital."*

*"[The retreat] surpassed my expectations beyond anything I could have imagined. I have TRULY bonded with so many people - TRUE connections. Such an exploration of what it means to be human! I thought the phrases "a life changing experience" and "an emotional roller coaster" were exaggerated clichés that would prove to be false. But the intensity of feeling I have experienced at [the retreat] surpasses practically everything I have ever experienced. It truly has been one of the best experiences of my life. I don't want to leave... But knowing that we will carry forth this momentum into the semester is VERY heartening and gives me so much hope."*

*"I'm really excited because we've created a community amongst us which would in itself be cool, but we all want this feeling/this reality to be the reality at U of R and we're even more powerful."*

*"I really feel like my mind is in a whirlwind and it's been a truly unique and wonderful experience. I can't say enough how much I've learned about myself and other people. I'm so psyched for what we're going to do in the future and I am really looking forward to continuing to change. Change – it is what has made this experience so meaningful and real to me. I will vouch with my whole heart to support more [retreats] and building the community even more."*

*"[The retreat] has been one of the most amazing experiences I've ever had. It has changed my perspective in a matter of days. Now I hope that prejudice in any form can slowly become acceptance and understanding. Everyone should get to experience this 'emotional roller coaster.'"*

*"It was emotional, effective, and challenging. I am so glad I went! I can't wait to start making changes."*

*"This was the tool I have been looking for."*

*"Honestly one of the most rewarding and life-changing experiences of my life, not only in respects of diversity issues, but also in community building and forming relationships based on something significant in my life."*

*"Helped me break away from intellectual to emotional. I've rarely gained so much from an emotional and intellectual standpoint."*

*"This was the most amazing experience I've ever had. I truly feel I connected with each person on a very personal and individual level. I will never forget what I've learned and the people I've met. I now feel the courage and strength to continue with my goals for cultural diversity."*

*"[The retreat] has been a very unique experience for me. I feel that I have grown and become the person that I want to continue to be. Through [the retreat], I see things through a whole new light. I feel less of a victim and more as a source to a solution."*

*"I am so excited about the eagerness of the participants in this program to take action and EXTREMELY impressed by the way in which the University and other organizations within the Richmond community have committed to contributing THEIR alliance and resources to the cause."*