

## **CETAL Spring 2021 Programs**

### **Building Antiracist White Educators**

**Dates:** 12:00-12:50 p.m., Wednesdays, Jan. 27, Feb. 24, March 31, April 28

**Facilitator:** Donna Wake

BARWE is a model that centers the thought that white educators must participate in the dismantling of white supremacy in school spaces. This work is not solely the responsibility of Black, Brown, and Indigenous educators. White teachers must engage in collective action to consistently study and reflect on our identity and place within systems and communities. Through this work, we can participate in ongoing work of building anti-racist systems that support the social, emotional, and academic well-being of our students and of our colleagues. This reading and inquiry series meets monthly and centers content for learning, introspection, and action.

### **When We Know Better, We Teach Better! Learning from the Experiences of 2020**

**Dates:** 2:00-3:00 p.m., Wednesdays, Feb. 3, Feb. 17, March 3, March 17, April 7, April 21

**Facilitator:** Vicki Parish

Maya Angelou is credited with the sentiment that when we know better, we do better. But change is hard! This learning community will be a structured discussion around various topics related to teaching that have been expressed as concerns from students (and sometimes faculty) over the past year. We will consider the variety of perspectives on the topic, then move into brainstorming and sharing experiences we have used or learned from others. And yes, it will be one part group therapy paired with two parts collaborative solution-seeking! No one participant, including the facilitator, will have all of the solutions to any given problem. But together, solutions can be forged from our collective experiences and expertise. The following student sentiments will be considered, adjusted, and prioritized at the initial meeting to best meet participants' teaching needs:

- “I feel like an outsider looking in to my courses...an imposter.”
- “This semester was a fog...I hope I can remember what I ‘learned’ for next semester.”
- “A little situational awareness would be nice...” and “Why even have deadlines if they can be disregarded?”
- “I don’t even know how to get in touch with my ‘teammates’ for this group project!”
- “I get confused moving from one course to the next. It takes me several minutes to figure out how to get around each course before I can begin working.”
- “It’s hard to watch my peers cheat without consequence and not feel disadvantaged for being honest!”

- “I struggle to stay focused during class and keep on track with the professor...especially when I can’t even see them or the rest of the class.”

## Book Groups

### ***We Want to Do More Than Survive: Abolitionist Teaching and the Pursuit of Education Freedom* by Bettina L. Love**

**Date:** 1:40-2:30 p.m., Thursdays, March 11, April 8, May 6

**Facilitators:** Donna Wake and Jen Talbot

Bettina L. Love teaches and writes about Abolitionist teaching and schools. Her focus is creating humanizing spaces for children in K12 school spaces (although her ideas can easily extend into higher education spaces). She describes spaces that see and support the potential in all students. Abolitionist teaching refers to the ways educators engage in anti-racist practices that refute the influences of white supremacy ideals in school systems and focuses on the needs and experiences of BIPOC students. This book group will apply Love's Abolitionist teaching principles and practices to our work as faculty at UCA.

### ***Algorithms of Oppression: How Search Engines Reinforce Racism* by Safiya Umoja Noble**

**Dates:** 2:30-3:30 p.m., Mondays, Feb. 1, Feb. 15, March 1, March 15

**Facilitators:** Amber Wilson and Cristine Busser

In *Algorithms of Oppression*, Safiya Umoja Noble challenges the idea that search engines like Google offer an equal playing field for all forms of ideas, identities, and activities. Data discrimination is a real social problem; Noble argues that the combination of private interests in promoting certain sites, along with the monopoly status of a relatively small number of Internet search engines, leads to a biased set of search algorithms that privilege whiteness and discriminate against people of color, specifically women of color.

Through an analysis of textual and media searches as well as extensive research on paid online advertising, Noble exposes a culture of racism and sexism in the way discoverability is created online. As search engines and their related companies grow in importance, understanding and reversing these disquieting trends and discriminatory practices is of utmost importance. An original, surprising and, at times, disturbing account of bias on the internet, *Algorithms of Oppression* contributes to our understanding of how racism is created, maintained, and disseminated in the 21st century. (adapted from Amazon.com)

### ***Burnout: The Secret to Unlocking the Stress Cycle* by Emily and Amelia Nagoski**

\*Wellness Book Group for Women\*

**Dates:** 2:00-3:00 p.m., Wednesdays, Feb. 10, Feb 24, March 10, March 31, April 14, April 28

**Facilitator:** Amy Hawkins

“This groundbreaking book explains why women experience burnout differently than men—and provides a simple, science-based plan to help women minimize stress, manage emotions, and live a more joyful life.... Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA, are here to help end the cycle of feeling overwhelmed and exhausted. Instead of asking us to ignore the very real obstacles and societal pressures that stand between women and well-being, they explain with compassion and optimism what we’re up against—and show us how to fight back.” In this group we’ll discuss:

- “what you can do to complete the biological stress cycle—and return your body to a state of relaxation
- how to manage the ‘monitor’ in your brain that regulates the emotion of frustration
- how the Bikini Industrial Complex makes it difficult for women to love their bodies—and how to defend yourself against it
- why rest, human connection, and befriending your inner critic are keys to recovering and preventing burnout.” (from Amazon.com)

***Black Fatigue: How Racism Erodes the Mind, Body, and Spirit* by Mary-Frances Winters**

**Dates:** 12:15-1:30 p.m., Tuesdays, Feb. 9 and Feb. 16

**Facilitator:** Candice Barnes

In *Black Fatigue*, Mary-Frances Winters takes us on an introspective journey and presents a powerful argument that acknowledges the cost of racism to us all. As she says, it "erodes the mind, body, and spirit" of those who identify as BIPOC. While the book highlights some of the history of racism, she focuses her attention on some of the most current events happening in our country, (e.g., George Floyd, Covid-19, immigration, etc.), and how racism affects men, women, and children differently. She ends the book with a call to action for a reimagined world through the lens of diversity, inclusion, equity, and justice. This book discussion series will fulfill Mary-Frances Winters' desire for the reader to engage in dialogue about racism, to motivate white people to become power brokers for systemic change, and to provide BIPOC with resources to share with others with the hopes of reducing your fatigue.

**Small Teaching Online by Flower Darby and James M. Lang**

**Dates:** 3:00-4:00 p.m., Thursdays, Feb. 11, 18, 25, March 4, 18

**Facilitator:** Jessica Underwood

“The concept of small teaching is simple: small and strategic changes have enormous power to improve student learning. Instructors face unique and specific challenges when teaching an online course. This book offers small teaching strategies that will positively impact the online classroom.

This book outlines practical and feasible applications of theoretical principles to help your online students learn. It includes current best practices around educational technologies, strategies to build community and collaboration, and minor changes you can make in your online teaching practice, small but impactful adjustments that result in significant learning gains.

- Explains how you can support your online students
- Helps your students find success in this non-traditional learning environment
- Covers online and blended learning
- Addresses specific challenges that online instructors face in higher education

*Small Teaching Online* presents research-based teaching techniques from an online instructional design expert and the bestselling author of *Small Teaching*.” (from Amazon.com)

### ***Black Voices and Anti-Racist Futures: Using Graphic Novels and Philosophy to Understand Liberation in the Classroom***

**Dates:** 12:00-12:50 p.m., Fridays, Feb. 12, Feb 26, March 12, April 2

**Facilitators:** Taine Duncan and Allen Thomas

Continuing the work of anti-racist teaching practices requires us all to consider issues of student civic identity. All students, regardless of major and background, are developing their ideas of democratic participation, in part, based on what they see modeled in the community of our classrooms. In this reading group we challenge ourselves to consider questions of democracy in the classroom, by looking at Angela Y. Davis’ foundational work *Abolition Democracy*, and a graphic novel which humanizes those marginalized by antidemocratic oppression through racism, classism, sexism, and xenophobia, *Black Lightning: Cold Dead Hands*, by Tony Isabella.

## **Instructional Workshops**

### **Breaking from Tradition: Escape Room Use with Online and On-Ground Instruction**

**Date:** 12:15-1:30 p.m., Tuesday, Feb. 9

**Facilitator:** Sandie Nadelson

Tired of using PowerPoints to go over new content or review previous learning? Escape rooms can be used as an interactive teaching tool to help liven up the course content. Learn more about

how to create and use escape rooms both in person and in online instruction in this lively interactive workshop.

### **Compassion Fatigue: Strategies for Prevention and Treatment**

**Date:** 1:40-2:30 p.m., Thursday, Feb. 25

**Facilitators:** Moriah Bruner and Susan Sobel

Meeting the emotional and mental health needs of traumatized students is demanding and stressful. Faculty have been thrown into the role of front-line emergency counseling without being trained or qualified to do the work, which puts professors at risk for secondary trauma. This webinar will explore the symptoms of compassion fatigue as well as strategies for prevention and treatment.

### **Toward (More) Inclusive Pedagogies**

**Date:** 1:40-2:30 p.m., Thursday, March 4

**Facilitator:** Allen Thomas, Lesley Graybeal, Jen Talbot, and Angela Webster

It has always been vital for instruction and learning to be immersed in paradigms of inclusion and equity. Given what is occurring on the American national stage, including unabashed white supremacy (and resultant white privilege of delayed consequences), it is all the more vital that we address what inclusivity can look like through pedagogy and how we can continually work toward liberation. This discussion will help provide a jumping off point for instructors and administrators to assess where we are including people and where we need to improve those efforts. Panel discussion will follow with the following focal areas:

- Inclusive Pedagogy and Service Learning (Lesley)
- Inclusive Pedagogy through Writing and Grading (Jen)
- Inclusive Pedagogy in Curriculum and Instruction (Angela)
- Inclusive Pedagogy and Living/Learning Communities (Allen)

### **Creating Community with Your Students**

**Date:** 12:15-1:30 p.m., Tuesday, March 9

**Facilitator:** Candice Barnes and Dierre Littleton

Your classroom is a place where relationships can be created, centered, and coached. Sometimes it is a place where relationships become the causality of hurt or harm caused by a community member, or someone in your department or division. This session will focus on how you can use

preventative measures in your classroom, department, or division. The session will highlight principles of fair process and practices that can help you create a community based on care, compassion, and accountability.

### **Compassion Fatigue Part II: Continued Dialogue and Discussion - NEW!**

**Date:** 1:40-2:30, x-period, Thursday, April 1

**Facilitators:** Moriah Bruner, Susan Sobel

In February, we explored the concept of compassion fatigue, received tools for assessing our level of compassion satisfaction and compassion fatigue, and learned strategies for mitigating burnout and secondary traumatic stress. Most importantly, we came together to acknowledge that in our helping roles, our compassion for those we help can affect us in positive and negative ways. Join us as we gather again to continue this important dialogue and share tips and strategies to help us sustain our service to others while also being intentional about supporting our mental and emotional well-being.

### **Healthy Living Hacks: Simple Strategies for Faculty Wellbeing**

**Date:** 12:00-1:00 p.m., Friday, April 16

**Facilitator:** Moriah Bruner

Faculty life lends itself to constantly being “on the go.” A panel of campus experts will share strategies to sneak in healthy eating, physical activity, and mindfulness while juggling it all.