

# Bandwidth Recovery: Helping Students Reclaim Cognitive Resources Lost to Poverty, Racism, and other “Differentisms”

Strategic Horizon Network

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Scarcity steals cognitive  
resources



# Economic insecurity – Bandwidth Tax





# Social-psychological *underminers*

- Stereotype threat
- Identity threat
- Belongingness uncertainty
- Microaggressions

# Stereotype threat



# Identity threat



# Belongingness uncertainty



# Microaggressions

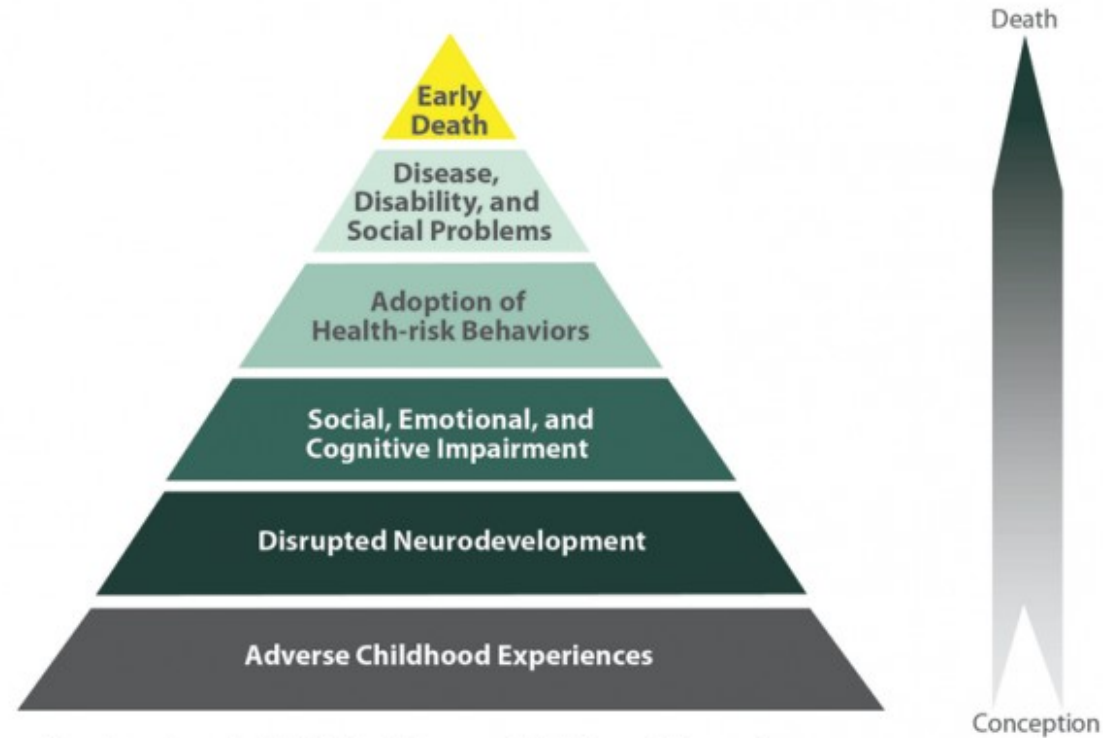




# Vicarious Racism/Racism PTSD



# Adverse Childhood Experiences



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

# Strengths perspective



# Bandwidth recovery



# "Creating" belonging



# Funds of knowledge



# Connecting the known to the unknown



# Values affirmation





# Growth mindset



# Neurobics



# Counter-spaces



# Identity-safe images



# Grace – high-hope syllabus





Thank you!