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

Strategic Horizon Network
June 3, 2018
Cia Verschelden
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!