

June 7 / Share Outs  
Anti Racist Pedagogy

Learning Take Aways for Inclusion in any future Syllabus.

- \* Including in my Syllabus going forward is a statement on Land Acknowledgment. That the COOC campus land resides on homelands of Wasco and Warm Springs people
- \* My take away from our group meetings is: Learning to use a lens of systemic oppression. Appreciating that there is a continuum of Individual - Interpersonal - Institutional Levels of potential oppression. Bringing all 3 into focus for a future discussion board is the middle-ground of “The interactions between people both within and across differences. These difference might be labeled potentially racist but in reality they represent differing politics, experiences, religious or spiritual beliefs and bias in general. As an Instructor I must turn the lens on myself to examine my bias learned or otherwise so that I may help students increase awareness of their own advantages and disadvantages as well as realize what parts of their path has had subtle racism inflicted upon them. Most importantly what to do about changing it in a positive way.
- \* My Syllabus is focused on improving Mental Health and access to resources.
- \* Deschutes County Behavioral Health / 800-875-7364 is available for crisis Monday through Friday 8am to 5pm for any student.
- \* The optional phone number 541-322-7500 and pressing #9 will access a counselor available 24/7 at a Portland location. The counselor will counsel and then follow-up w/ appointment for the students with a counselor in their home location.
- \* This summer Syllabus for any of my courses will include:
  - \* Discussion on time management and its value in decreasing stress.
  - \* Articles on the Psychology of Procrastination and how that can make our course work more friendly when we understand how it can undermine our progress and success.
  - \* Self-Care and all the important ways that it can decrease stress and help us to focus on our courses and ultimate goals.
- \* Finally I have taken away an appreciation of facilitating culturally competent conversations.
- \* This summer Syllabus will include both one on one cultural discussions around stress with the Instructor as well as an assignment that can be submitted in Canvas for credit on how individual cultural experience either hinders success (perhaps as a first generation student) or emboldens a resolve to succeed.

Thank you for allowing us flexibility in this important project participation and thank you for allowing us a stipend.

Respectfully,

Daniel Montoya / HHP / First Generation Student of color to achieve College and Masters level Education.