

# VCU SCHOOL OF EDUCATION MINORITY EDUCATION CENTER

## Equity: The Newsletter



[www.soe.vcu.edu/centers/merrec](http://www.soe.vcu.edu/centers/merrec)

### Mentorship Program

Our mentorship program provides an opportunity for educators of color to enhance their educational experience by connecting them with our Inservice School of Education alum in order to create relationships that will successfully increase retention.

### Emergency Funding

Assistance is available for current VCU School of Education educators and alumni. Applicants are able to receive a financial grant to use for books, tuition, professional development or personal hardships.

### Professional Development

Our goal is provide access to professional development opportunities both within VCU and throughout the country. This includes pre and inservice trainings, continuing education modules and dismantling inequities series.



Have you been keeping up with our new podcast Equity?

Our latest episode features VCU's own Dr. Danielle Apugo, Assistant Professor, Teaching & Learning. Our conversation focuses on her desire for Black women and girls to not merely be defined for their ability to survive racism, abuse, and violence. Dr. Apugo is also the co-author of the upcoming book *Strong Black Girls: Reclaiming Schools in Their Own Image* now available for pre-order.

If you would like to recommend a future guest email us [soemec@vcu.edu](mailto:soemec@vcu.edu)

## Tips for Preventing Virtual Burnout



Make a  
Schedule &  
Set Boundaries



Have an  
accountability  
partner



Create a Virtual  
Office Space



Make Getting  
Enough Sleep  
a Priority



Take Breaks  
That Are  
Rewarding



Check-in with  
Yourself & Be  
Flexible

Whether you're working from home or in-office, health experts say, virtual burnout is still a possibility. If you're experiencing virtual burnout you should know when it's time to reach out to a professional for help.

If you are feeling overwhelmed, having low motivation or low interest in things that normally would bring you a sense of happiness know that VCU's University Counselor Services remains committed to providing students with the support they need. If you are experiencing a mental health emergency and want to speak with a crisis clinician, then please call 804-828-6200 day or night.



UPCOMING VIRTUAL EVENTS:

**VCU SCHOOL OF EDUCATION-  
BECOMING AN ANTIRACIST EDUCATOR.**

PARTICIPANTS IN THIS INTERACTIVE AND REFLECTIVE VIRTUAL SPACE WILL DEEPEN THEIR UNDERSTANDING OF RACE, RACISM, AND SYSTEMIC INEQUITIES.

[REGISTER HERE](#)

**VANDERBILT PEABODY COLLEGE  
RACIAL JUSTICE IN EDUCATION & SOCIETY  
CONFERENCE**

SATURDAY, DECEMBER 5, 2020

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## **STUDENT SPOTLIGHT: CHRISTINE POWELL**



Christine Powell is a second year PhD student in Special Education and Disability Policy. Her research interests include licensure and retention outcomes of minoritized special education teachers, as well as advancing practices for retaining teachers who enter the field through an alternative route. Her favorite things about being a part of MERREC is participating in community outreach, connecting individuals to resources, and engaging in professional development.



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