

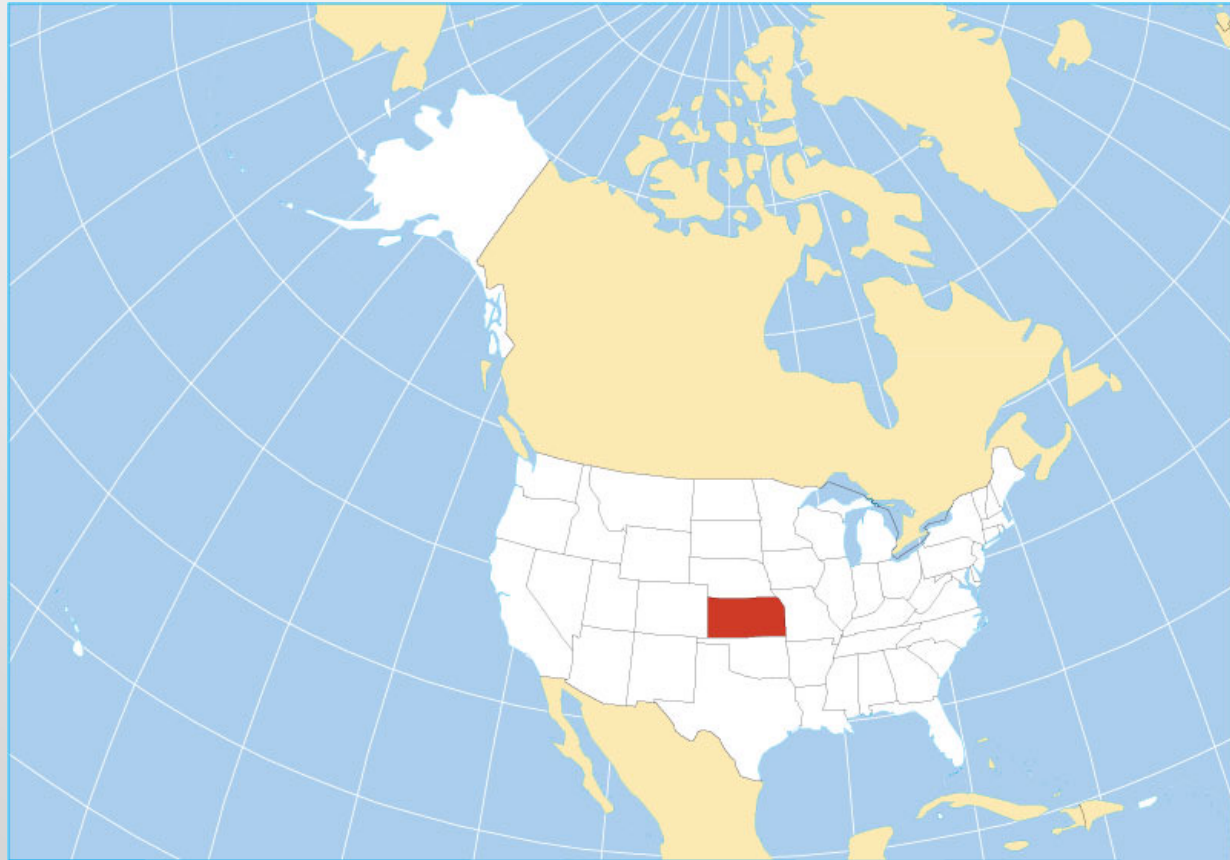
# The Bandwidth Tax of Uncertainty: Helping Students Recover Today and Post-Pandemic

UBC Celebrate Learning Week

May 18, 2021

Cia Verschelden

# Land acknowledgement



# Bandwidth - scarcity steals cognitive resources



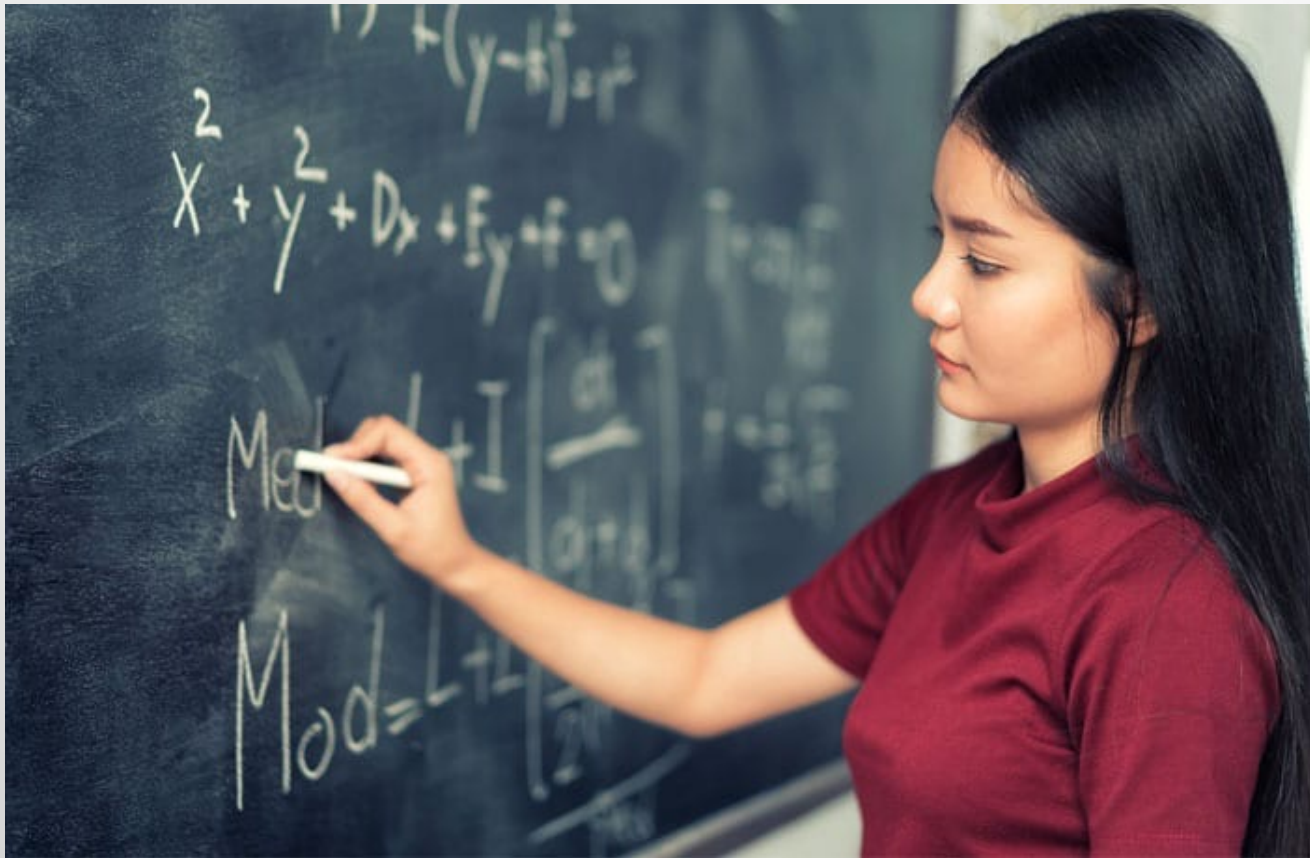
# Economic insecurity – Bandwidth Tax



# Social-psychological *underminers*

- Stereotype threat
- Belonging uncertainty
- Microaggressions
- Vicarious racism
- Adverse Childhood Experiences

# Stereotype threat



# Belonging uncertainty



# Microaggressions





# Vicarious racism/trauma

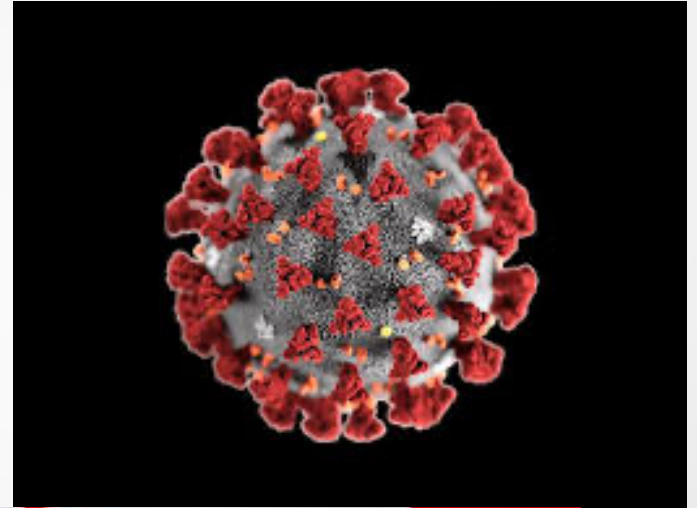


# Adverse Childhood Experiences



# Uncertainty

**BLACK  
LIVES  
MATTER**



# Bandwidth recovery



# Strengths perspective



# Belonging: identity-safety





# Thank you!

[bandwidthrecovery.org](http://bandwidthrecovery.org)  
[ciaverschelden@gmail.com](mailto:ciaverschelden@gmail.com)