

# Research, Teaching and Embodiment

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The ways embodiment as Black, Indigenous, and Scholars of Colour shapes research and teaching:

## Beneficial Experiences

- Better able to **relate** to BIPOC students' experiences
- Opportunity to act as a **role model** for future grad students
- Able to see where identity as BIPOC scholar can make **deep contributions**

## Challenging Experiences

- Language skills and teaching ability questioned
- Continually managing self-doubt
- Exclusion and microaggressions

## Ways of navigate these experiences:

- ✓ View yourself as a conduit of privilege, someone who is able to **channel resources/opportunities** to those who have not been afforded the same
- ✓ Recognize the importance of support for BIPOC students
- ✓ Calling on "allies" to **show up and support**

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## How can our institutions better support BIPOC scholars and students?

- Take time to **understand and appreciate** BIPOC experiences
- Explicitly **create resources and programming** addressing bias recognition
- Recognize the additional obligations BIPOC scholars might have to family or community
- Greater **transparency and accountability**

## Advice for BIPOC scholars and students?

1. Practice self-care
2. Build **friendships and networks** outside of academia
3. Seek out **mentorship** programming for additional support
4. Be **economical with your energy**