Are You F*ing Kidding Me?:
SELF-CARE IN THE FACE OF CLASSROOM TRAUMA

Description
While supporting student education and growth, we are also tasked with mentoring, caring for, supporting retention efforts, and much more. But how do we focus on self care in the face of classes full of students who may be survivors of trauma or emboldened to express hate in the classroom? This panel will offer practical strategies to avoid burn out and set clear boundaries so we can continue to support students, ourselves, and colleagues.

Event Organizer & Moderator
Rachel M. Simon is the author of the poetry collections Theory of Orange and Marginal Road. She works in Multicultural Affairs & as the LGBTQQ Coordinator at Pace University. She taught at Bedford Hills Women’s Prison and is the director of the Social Justice Collective at Sarah Lawrence College.

Panelists

Vyshali Manivannan is a creative-critical writer whose work has been featured in The Paris Review, Consequence, DIAGRAM, and The Fanzine among other literary journals, and whose scholarship challenges conventions of genre, audience, and how we write and read.

Seth Michelson teaches at Washington and Lee University. His most recent books of poetry are Swimming Through Fire and Eyes Like Broken Windows. He edited Dreaming America: Voices of Undocumented Youth in Maximum-Security Detention, and he has translated eight books of poetry.

Sreshtha Sen is a writer from Delhi, India and one of the founding editors of The Shoreline Review. Her work can be found in bitch media, BOAAT, The Margins, Hyperallergic, Glass Poetry, Split Lip Mag & elsewhere She was a Poets & Writers fellow in 2017-18 & currently lives & teaches in Las Vegas.

Olivia Worden has taught creative writing at Pace University and Sarah Lawrence College summer programs. She is also the program Director of the Social Justice Collective at Sarah Lawrence College. Her work can be found in Post Road, CutBank, Pilgrimage, Point of You Productions and elsewhere.

Event SCHEDULE
- WELCOME & INTRODUCTIONS
- OUR CLASSROOM TRAUMAS
  - STUDENT SURVIVORS OF TRAUMA
  - IN-CLASS TRAUMAS
- STRATEGIES AND TOOLS
  - PRE-PLANNING
  - IN THE MOMENT, ON OUR TOES
  - AFTERCARE & SELF CARE
- FINDING INSTITUTIONAL SUPPORT AND SKILL BUILDING
- AUDIENCE Q&A