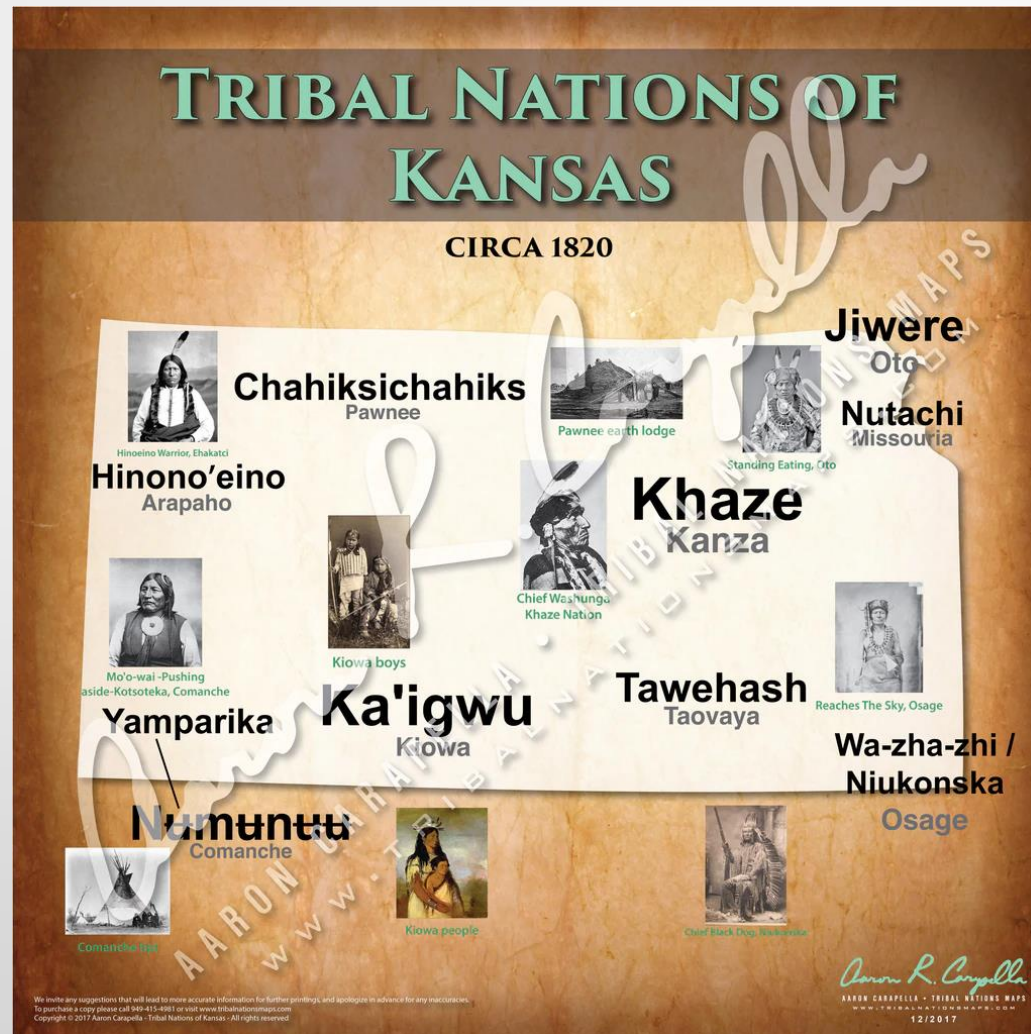


Bandwidth Tax of Uncertainty: Helping Students Reclaim Cognitive Capacity Post-COVID and Beyond

May 4, 2022

Cia Verschelden

Land acknowledgement



Bandwidth - scarcity steals
cognitive capacity



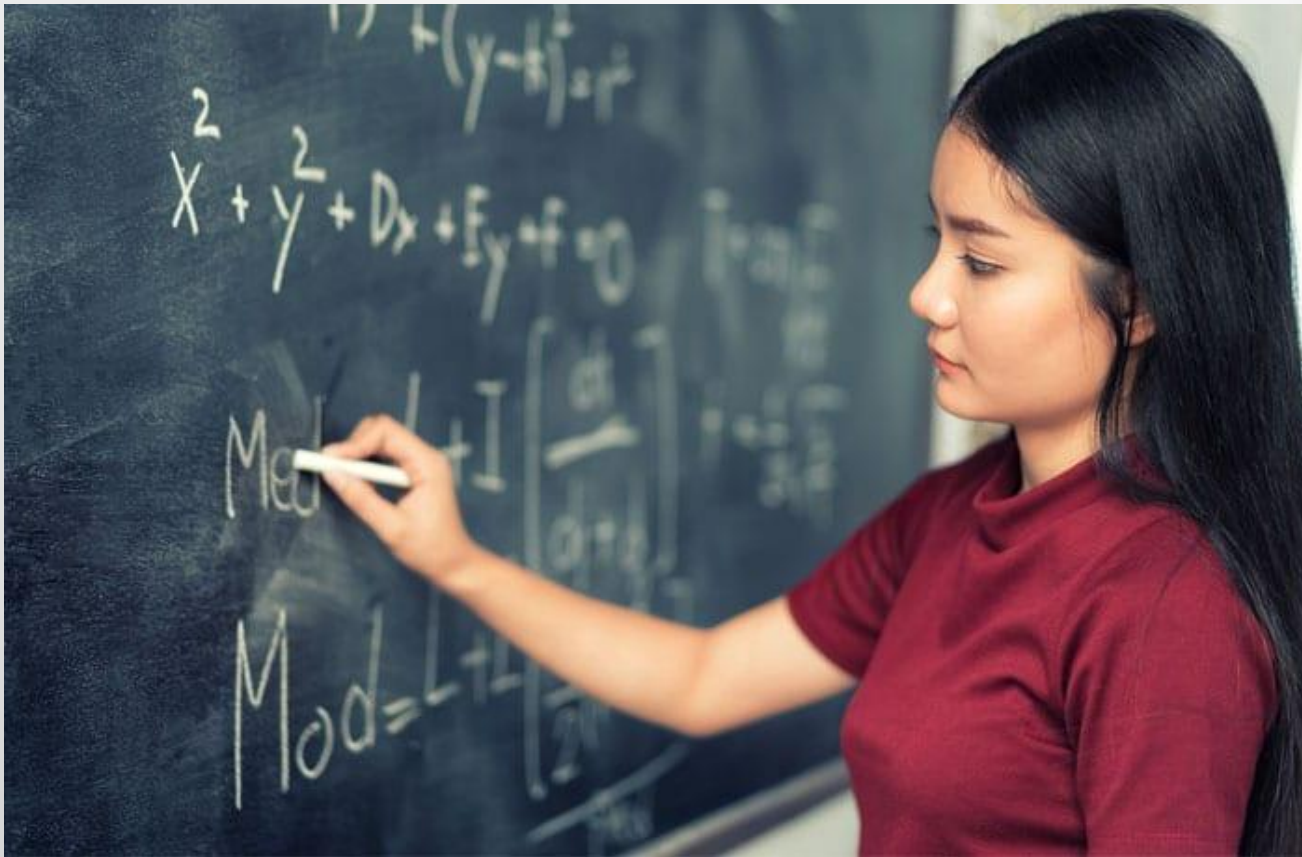
Economic insecurity – Bandwidth Tax



Social-psychological *underminers*

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

Stereotype threat



Belonging uncertainty



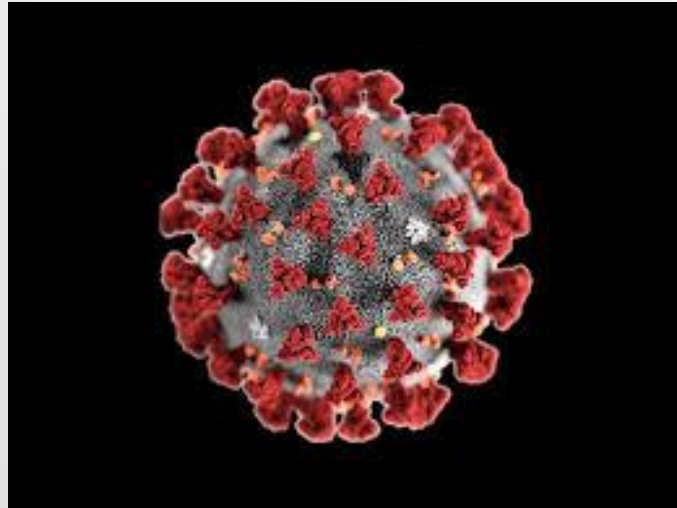
Microaggressions



Adverse Childhood Experiences



Uncertainty



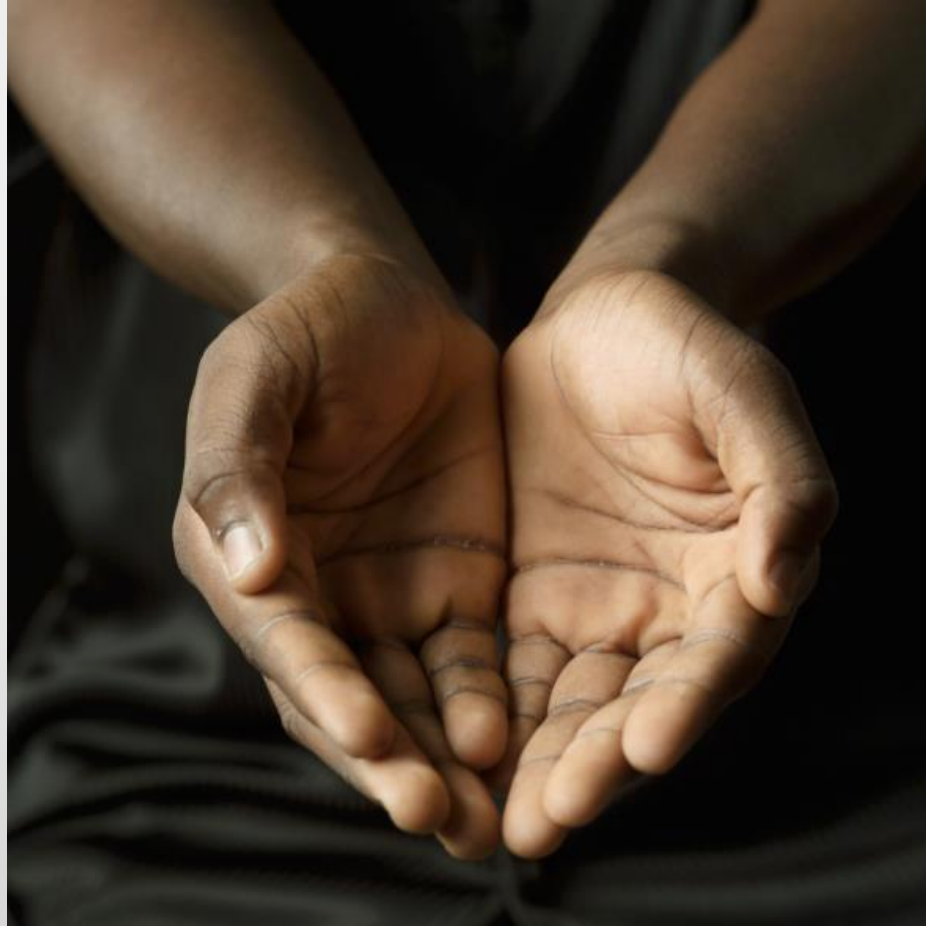
Bandwidth recovery



Strengths perspective



Funds of knowledge



Values affirmation



Connecting the known to the unknown



Growth mindset



Identity safety



Minimize uncertainty



High-hope practice:
clear expectations – lots of support





Thank you!

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