

October 11, 2021 | My Identity Week



Your First
8
Weeks!

We know that starting classes can be overwhelming. Your attention is pulled in a lot of directions; most of you are working and going to school, and many of you have family responsibilities as well. Getting back into school can be a challenging transition, whether it's been 3 weeks, 3 months, or 3 years since your last class.

To help you stay focused and get connected, we've put together a guide to help you focus on what is important throughout the first half of the semester to set you up for success now and into the future. See below to find a guide to your sixth week!

Week 6: My Identity



Who are you and how do you define yourself?

For many students, the college experience; courses, coursework, new environments, and exposure to faculty, staff, and your fellow students, is an opportunity to explore and question various pieces of your personal identity and how you exist in this world. We encourage you to dive into those explorations, and think about what parts of your identity matter most to you. College is a time to be exposed to new ideas and cultures, both in the classroom and from your peers. Your understanding of yourself, and the pieces of your identity that are most important to you, will continually change throughout your life as you experience new things. We hope you take advantage of different opportunities to explore your place in this world, not just this week but throughout your time at MassBay and throughout your life. This week there will be multiple workshops and events dedicated to exploring and discussing various aspects of our students' identities. Whether you hold those pieces of identity personally or not, each workshop is a chance

to learn about yourself and the world you live in.

THIS WEEK YOU SHOULD FOCUS ON:

ATTEND EVENTS, CHECK OUT RESOURCES &
EXPOSE YOURSELF TO NEW IDEAS!

Check out the events, resources, and information below to get started!

DISABILITY PRIDE

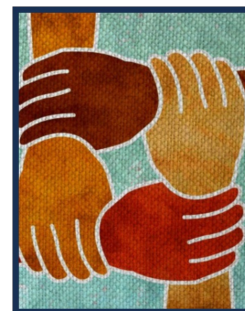


Disability pride means you take pride in your whole self, which includes your disability. It means you understand your limitations, including chronic pain or illness, but accept and love who you are. Disability pride means different things to different people, so we suggest checking out the resources below to learn more from diverse voices (source: <https://www.easterseals.com>).

- Check out this NY Times Article: [Disability Pride: The High Expectations of a New Generation](#): Members of the A.D.A. generation are quicker than earlier ones to claim disability as a crucial part of identity — and with pride. The A.D.A., after all, erased some of the stigma.
- Check out this Ted Talk: [I'm not your inspiration, thank you very much](#): Stella Young is a comedian and journalist who happens to go about her day in a wheelchair — a fact that doesn't, she'd like to make clear, automatically turn her into a noble inspiration to all humanity. In this very funny talk, Young breaks down society's habit of turning disabled people into "inspiration porn."

STUDENTS OF COLOR PROGRAM

The Students of Color program is designed to assist students with their college experience and facilitate their journey toward achieving their academic, personal and professional goals. The program has implemented an outreach program that includes mentoring, coaching, support programs, and workshops including but not limited to topics surrounding race & identity, mental health and transfer workshops, yoga, motivational speakers and much more. The students receive invaluable support as they adapt to experiencing a college community, navigating college life, and taking charge of their learning.



- Check out this [interview](#) with Chief Diversity Officer, Dr. Lynn Moore about the program.
- Anyone is welcome to join The Students of Color Program, fill out the membership application online: <https://www.massbay.edu/students-of-color>
- You can also join the **Together Tuesdays** – with Dr. Moore and Guest on October 12, October 26, November 9, November 23 and December 7 @ 4-5pm
 - How is it going for you here at MassBay?
 - What is really working for you?
 - Do you have all the resources you require to be successful?
 - Hear about the CARES funds, scholarships, and grants.
 - What programs you want to start here?

HISPANIC HERITAGE MONTH



September 15 to October 15 is National Hispanic American Heritage Month

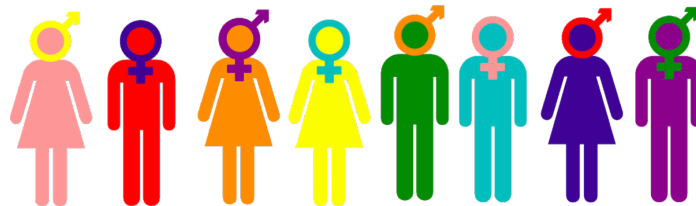
Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period (source: <https://www.hispanicheritagemonth.gov/about/>).

- For more information visit: <https://www.hispanicheritagemonth.gov/>
- Check out the [Library Guide](#) on Hispanic Heritage Month!

GENDER IDENTITY



Gender identity is the personal sense of one's own gender. Gender identity can correlate with a person's assigned sex at birth or can differ from it. Gender expression typically reflects a person's gender identity, but this is not always the case. While a person may express behaviors, attitudes, and appearances consistent with a particular gender role, such expression may not necessarily reflect their gender identity. The term *gender identity* was originally coined by Robert J. Stoller in 1964.

Attend the **Gender Pronouns Workshop** on **Thursday, October 15th 12-1pm** presented by Lisa MacDonald, Director of Equity Compliance

My name is Lisa and I use she/her pronouns. During this session, we will talk as community members about the use as well as the misuse/misunderstandings and misgendering that occurs, whether intentional or unintentional. Gender pronouns are an important part of our identity and how we show respect to one another both inside the classroom, at work, at home, and so forth. Some of the questions that will be posed include:

- What are binary and gender neutral pronouns?
- In your opinion, how can faculty and staff better incorporate the use of pronouns when working with students?
- What can someone do when they misgender someone?

If you have no idea what I'm talking about and curious to learn more—great! If this is something that speaks to you and you would like to share your experiences with others—that works too! Everyone is welcome. Please feel free to email me ahead of time at Imacdonaldmassbay.edu with any questions you would like to see discussed.

NATIONAL COMING OUT DAY

National Coming Out Day was inspired by a single march. 500,000 people participated in the March on Washington for Lesbian and Gay Rights on October 11, 1987, generating momentum to last for 4 months after the march had ended. During this period, over a hundred LGBTQ+ identifying individuals gathered outside Washington, DC, and decided on creating a national day to celebrate coming out – this began on the 1st anniversary of their historic march (source: <https://nationaltoday.com/national-coming-out-day/>)



- **Attend the National Coming Out Day Event, Sponsored by the Equality Alliance: Wednesday, Oct 13th at 7pm – RuPaul’s MasterClass on Self-Expression and Authenticity Showing & Discussion.** The MassBay Equity Alliance Club would like to invite you join us for a viewing and discussion of RuPaul’s MasterClass in Self Expression and Authenticity (link is available in the MassBay Event Calendar). In this showing, RuPaul will teach us how to find our inner truth to overcome hardship, gain confidence, and live our best life. RuPaul Charles is best known for his TV show on VH1 – RuPaul’s Drag Race. Afterwards, stick around for a facilitated discussion of identity, what it means, how we represent identity, and how suggestions from RuPaul can help deal with our “inner saboteur” and embrace his mantra of “We’re all born naked and the rest is drag”.
- The mission of the **MassBay Equity Alliance** is to provide the MassBay Community a safe space to be themselves and provide awareness and education about issues facing the LGBTQ+ community in the local area and the world. If you are interested in joining our club, reach out to the Staff Advisor at dgerstenfield@massbay.edu for more information. Membership is open to all members of the MassBay Community who are either members of the LGBTQ+ community or supportive allies.
- The Library has created a subject guide for National Coming Out Day which has online resources, documentaries and films, and the history of National Coming Out Day for all students to explore. [Link to Guide](#)
- Explore resources from the HRC and other organizations to help support you choose when, how, and if, to come out and live openly at home, at school, at work and in your community.
 - [HRC Resources for Coming Out](#)
 - [Matthew Shepard Foundation Resources for Coming Out](#)
 - <https://itgetsbetter.org/>
- Check out this Series of Ted Talks On Coming Out and Sharing One’s Authentic Self:
 - [Ted Talk Series](#)

INTERNATIONAL LUNCH HOURS



For several years, the **International Club** has hosted a monthly International Lunch Hour on Friday afternoon to highlight our International students and learn more about the countries and cultures they grew up with. This semester the lunches will be a virtual cooking class with our international students. You will enjoy a LIVE, step-by-step presentation that will teach you how to prepare authentic recipes from around the world. We'll provide you with the recipe list ahead of time so that you're prepared to get cooking the day of the presentation.

Don't miss the opportunity to listen to other international students present their country, food, and culture. We are excited to be gathering together again in our global community.

THIS WEEK:

Friday, October 15th, 12-2pm – Bangladesh

Presentation by **Junia Akter**. You will be amazed to learn some interesting facts about Bangladesh along with a step-by-step presentation on how to prepare an **authentic Bangladesh lunch dish – Bhuna Khichuri**.

Please find below the ingredients list, so that you're prepared to get cooking the day of the presentation.

Bhuna Khichuri: is a wonderful Bangladeshi rice dish packed with protein which includes mung beans and cauliflower - all the good and healthy stuff!

Ingredients

- 1 cup basmati rice
- 2 tbsp olive oil / vegetable oil

Vegetables

- 1/2 cup cauliflower (broccoli will do as well) chopped
- 1 large potato peeled and cubed
- 1/4 cup mung (any bean will do) beans
- 1/2 white onion roughly chopped

Spices

- 1 green chilli (jalapeños will do too) seeded and finely chopped
- 1/4 tsp ginger
- 1/8 tsp garlic powder
- 1/8 tsp cumin
- 1/8 teaspoon ground coriander
- 1/4 tsp turmeric

OTHER INTERNATIONAL LUNCH HOURS THIS SEMESTER:

- November 5 - UGANDA
- December 3 - BARBADOS

CONTINUE YOUR OWN EXPLORATIONS



Look for groups and organizations that will allow you to continue exploring new pieces of your identity.

BEGIN TO PREPARE FOR MIDTERMS

Midterms are October 25-31!

One piece of identity you currently hold is Student.

Make sure you are preparing for midterms next week by catching up on any missing assignments or readings.



Here is a Sneak Peak at Events This Week:

Visit the
[Virtual Events
Calendar](#)

in OneLogin
for more
events,
event links
and additional
information!

Together Tuesdays

with Dr. Moore and Guest

Tuesday, October 12, 2021, 4 - 5pm

How is it going for you here at MassBay?

What is really working for you? Do you have all the resources you require to be successful? Hear about the CARES funds, scholarships, and grants. What programs you want to start here?

SGA Weekly Meeting

Wednesday, October 13, 2021, 3 – 5pm

All students are welcome to join SGA's weekly meeting to hear what is happening around MassBay and bring any concerns to your SGA representatives!

Gender Pronouns Workshop

Thursday, October 15, 2021, 12-1pm

Gender pronouns are an important part of our identity and how we show respect to one another both inside the classroom, at work, at home, and so forth. Some of the questions that will be posed include: What are binary and gender neutral pronouns? In your opinion, how can faculty and staff better incorporate the use of pronouns when working with students? What can someone do when they misgender someone?

International Lunch Hour

Friday, October 15th, 2021, 12-2pm

Presentation by Junia Akter. You will be amazed to learn



Virtual Events



Also, make sure to
check out the
Library's Fall
Workshops and
LibGuides:

[Link to Library
News, Events &
LibGuides](#)

some interesting facts about Bangladesh along with a step-by-step presentation on how to prepare an authentic Bangladesh lunch dish – Bhuna Khichuri.

Hip Hop, Mental Health, & Resilience

Friday, October 15, 2021, 1 – 2:30pm

These workshops will explore the concepts of hip hop, mental health, and resiliency in the time of COVID. Toni Morgan, hip hop educator, will be our expert guide. She will focus on the lives and music of specific artists to do a deep dive on these topics.

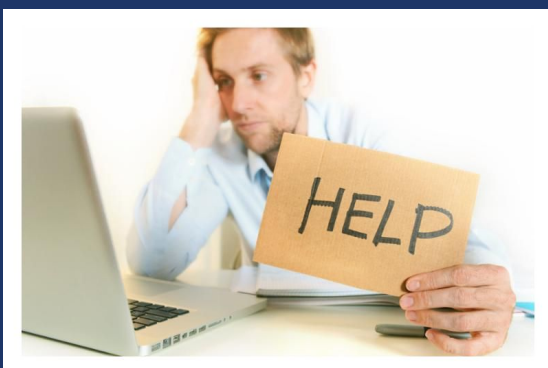
Investing to Achieve your Financial Goals

Babson Financial Literacy Project

Friday, October 15, 2021, 2-4pm

Do you find news about the ups and downs of the stock market confusing? You may feel like you should be investing but don't know where to start. This fun and interactive workshop will help you learn how to preserve and grow your wealth. It covers the basics of investing – including the differences between stocks, bonds, mutual funds, and ETFs – and how to choose investments that make sense for you.

Register to attend [HERE!](#)



NEED HELP? HAVE QUESTIONS?

VISIT THE VIRTUAL Q & A CENTER!

*Connect virtually with a member of our Support Squad through WebEx.
The MassBay Support Squad is available to answer a wide range of questions!*

www.massbay.edu/ask

