Dear Campus Partners,

In collaboration with the California Consortium for Inclusive Doctoral Education (C-CIDE) the Graduate Division is excited to offer the **Fostering Well-being in Racialized Mentoring Environments Workshop** on **Wednesday, March 2, 2022 from 2:00 to 4:00 p.m.** Registration details will be sent in the coming weeks and participation will be limited to 40 people in order to ensure a high-quality learning environment. Questions can be directed to Tamara Schaps tschaps@ucsd.edu or April Bjornsen abjornsen@ucsd.edu.

**Workshop Title:** Fostering Well-being in Racialized Mentoring Environments  
**Date:** Wednesday, March 2, 2022  
**Time:** 2:00-4:00 p.m. Pacific Time (participants must be able to attend the full two-hour session)  
**Location:** Virtual via Zoom  
**Registration information to follow**

**OVERVIEW & GOALS**
Research has shown that graduate students struggle with mental health issues such as anxiety and depression at higher rates than the general population. Black, Indigenous, and other students of color face distinct threats to well-being when they experience research environments as racialized spaces. While some stress and uncertainty are unavoidable, research mentors can have a direct impact on the well-being of members of their research lab or group. Recognizing how usual norms and practices in the academy, as well as specific mentoring practices, create environments that can undermine or support well-being for minoritized students, is a first step to healthier academic communities. Developing the skills to have open conversations about topics of mental health, race, and racism is key to this process. This workshop therefore encourages discussion about how mentoring can positively and negatively impact mentees’ belonging and persistence. Interactive activities give participants the chance to develop group policies aligned with inclusion and wellbeing. Learn more [here](#).

Sincerely,

Tamara Schaps & April Bjornsen  
C-CIDE Campus Co-Leaders

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