

Facing Negativity in Academia & Departments

Dr. Ruth Gomberg-Muñoz & Dr. Eilene Edejer

Watch NCFDD Video (From 25:00- 1:05:00)

- Title: SKILL #10: How to Manage Stress, Rejection & the Haters in Your Midst
- Speaker: Angelique Davis, JD. She is a Full Professor of Poli Sci at Seattle University and former director of their African & African-American Studies Program.

Click Here to Watch Full Video (Must have account. Look at next slide for how to create an account): <https://www.ncfdd.org/webinars/rejection22>

NCFDD- National Center for Faculty Development & Diversity

How to create an account:

- Go to **www.facultydiversity.org**
- Click on “Become a Member” at the top
- On the Institutional Member page, click on the pull-down menu
- Select Loyola University Chicago, click Continue
- Click on Activate My Membership
- Complete the 3-step registration process.
 - Account Info (*must use your @luc.edu email address)
 - Personal and Professional
 - Review
- You will receive a welcome e-mail at your LUC e-mail address within 24 business hours confirming that your account is now active and you can begin fully using your new NCFDD membership.

Loyola University Chicago holds an institutional membership which means that ALL faculty, graduate students, and postdocs have full access to all NCFDD resources.

Reflection Questions

- Do any of these stress symptoms sound familiar?
- What's causing you stress?

Reflection Questions

- What is one action you can take today to move forward?

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Q&A Questions

- 1) What are ways to deal with types of discrimination against minorities? E.g., race, gender, etc.
- 2) Do you believe that academic competition, especially seen in PreMed classes even at Loyola, is something that benefits the students and creates a drive or something that is negative to fostering creativity and success? Is this something that you believe attitude is highly dependent on (as some students seem to thrive in competition while others struggle)?

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Upcoming Events:

- **1/26-4/5: How-To Write a Book Proposal** with Dr. Melissa Bradshaw (Department of English): On Fridays, starting Jan 26th - April 5th from 1:00 - 2:00 pm
- **3/12-3/13: How-To Write a Social Science Grant Proposal** with Dr. Catherine Haden (Department of Psychology): Tuesday, March 12th, and Wednesday, March 13th, from 3:00 - 4:00 pm.
- **3/18-3/19: How-To Manage a Research Group** with Dr. Michael Burns (Department of Biology): Monday, March 18th, and Tuesday, March 19th, from 2:00 - 3:00 pm.
- **3/26: Service: How To Say No and When To Say Yes** with Dr. Linda Tuncay Zayer. Tuesday, March 26th from 10:30 am – 11:45 pm.

CFE Website: <https://tinyurl.com/84nw5kyx>