Micro-Resistance as Self-Care: Emotional Labor and Students of Color in Predominantly White Institutions

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Abstract
According to Sayumi Irey, micro-resistances are "incremental daily efforts to challenge white privilege" (Irey, PhD Diss., University of Washington, 2013). People of color face microaggressions daily, managing the negative environmental, behavioral and verbal interactions that may show up in predominantly white spaces. Microaggressions are often not that easy to recognize. People who experience microaggressions often take on an additional emotional burden that comes with living in, working in and navigating these spaces effectively. This micro-seminar will give students a space to discuss the issues that may face students of color in predominantly white spaces, such as college campuses. Over the course of two days, we will define microaggression, define micro-resistance and discuss the model Opening the Front Door developed by Cynthia Ganote, Floyd Chueng, and Tasha Souza. Additionally, we will unpack how students might practice self care, and develop strategies for mitigating the effects of microaggressions on a college campus.

Faculty Biography
Alyssa Brissett is the Social Work Librarian with USC Libraries. She provides instruction, reference, and research support (both in person and online) for students and faculty in the Suzanne Dworak-Peck School of Social Work. She graduated with her MLIS from Wayne State University in 2016 and has an MA in childhood education from New York University. Her current research interests include anti-racist pedagogy and online information literacy.