

# REST AS AN ACT OF ACTIVISM

## DESCRIPTION:

Exploring a pedagogy of showing up, not just for our students and colleagues, but for ourselves. How do we find moments to rest while setting boundaries, finding and sharing resources of rest, and embracing the power of moving back? We will look at ways to restore and repair in a time when faculty (especially those with marginalized identities) are asked to do unrecognized and uncompensated work for social justice and campus equity.

## EVENT CATEGORY: PEDAGOGY

## EVENT SCHEDULE

WELCOME & INTRODUCTIONS

NAMING CHALLENGES

IDENTIFYING BOUNDARIES

BUILDING RESOURCES &  
OFFERING SUPPORT

Q&A

## EVENT MODERATOR:

Rachel M. Simon is the author of the poetry collection *Theory of Orange* and the chapbook *Marginal Road*. She works in Diversity, Equity, and Inclusion at Pace University. She has taught at Bedford Hills Women's Prison, as the director of the Social Justice Collective at Sarah Lawrence College, and many others.

## PANELISTS:

**Melissa Faliveno** is the author of essay collection *TOMBOYLAND*, named a best book of 2020 by NPR, New York Public Library, and Oprah Magazine. She was the 2020-21 Kenan Visiting Writer at University of North Carolina and is currently a visiting assistant professor of English at Kenyon College.

**Jimin Han** is the author of the forthcoming novel, *The Apology*, and *A Small Revolution*. She teaches or has taught at The Writing Institute at Sarah Lawrence College and Pace University.

**Juan J. Morales** is the author of three poetry collections including *The Handyman's Guide to End Times*. He is a CantoMundo Fellow, the Editor of *Pilgrimage Magazine*, an Associate Dean in the College of Humanities Arts & Social Sciences, and a Professor of English at Colorado State University Pueblo.

**Olivia Worden** is a multi-genre writer who has taught at Pace University and Sarah Lawrence College. Her essay "Held By Strangers" won Pigeon Pages 2019 Essay Contest and was selected for Best of the Net 2020. Her work has appeared in *Post Road*, *CutBank*, *Pilgrimage* and other publications.

# MODERATOR QUESTIONS

1. What are some of the challenges (personal and institutional) you have faced trying to preserve your rest?
2. What skills and boundaries have you identified that are helpful in protecting your time and energy?
3. Have you had to request accommodations? What has that process been like?
4. How can allies help protect the rest of our marginalized peers?
5. Are there particular books, essays, or trainings that you have used as resources?
6. Q&A – Participant Experiences & Community Conversation