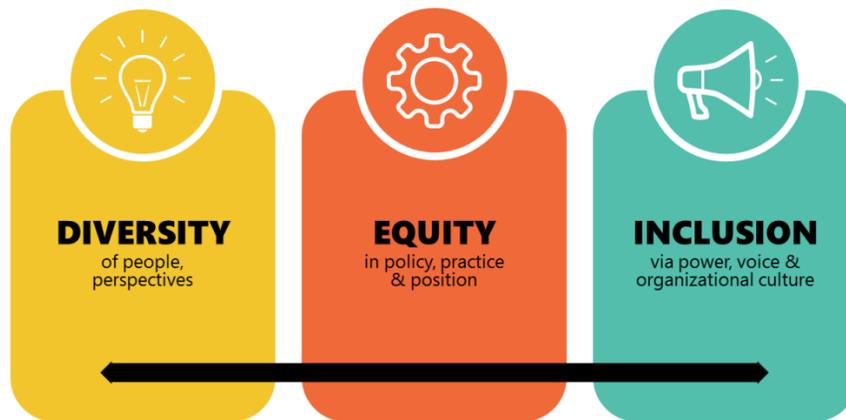


## Diversity, Equity, and Inclusion Newsletter (DEI)



- **What is Diversity?**

- The presence of differences includes but is not limited to race, gender, religion, sexual orientation, ethnicity, nationality, socioeconomic status, language, (dis)ability, age, religious commitment, or political perspective.
- Aspects of what makes someone unique and diverse.

- **What is Equity?**

- Providing resources for those with various circumstances to have equal opportunities.
- Promoting justice, impartiality, and fairness
- Understanding the root that causes outcome disparities

- **What is Inclusion?**

- Making others from all backgrounds feel safe and have their voices heard.
- Accepting people with all different backgrounds.

- **Action plan for the BIO DEI Position:**

- Find resources such as books, movies, podcasts, or any other media that expresses different backgrounds and awareness of others.
- Educate about unique point-of-views and the cultures expressed in the world.
- Understand what is appropriate to say and how to act in a professional setting.

### **New Resources:**

- **Native American History Month**

- Native American Heritage Month is celebrated in November to showcase the rich culture of the native people of this land as well as honor the Native American and Indigenous People who have suffered injustices.
  - More information and events at this [LINK](#)

- **UI Asian Pacific American Cultural Center Week**

- APACC Week is a fall initiative brought by the Asian Pacific American Cultural Center (APACC). Every day for a week, the APACC puts on a series of events under an umbrella theme. Events come in all mediums from presentations, collaborative activities, and creative experiences. The events typically center around the Asian American identity and experience.
  - More information and events at this [LINK](#)

- **Mental Health and Wellness Series**

- [Professional Self-Care Series #3: The Compass Wellness Model](#)

- Most of us “know” that practicing self-care is important to healthy personal and professional relationships, but we just can’t seem to find the time for “traditional” strategies (who has time for that?!). The Compass Wellness Model offers a framework for thinking about self-care differently and identifying everyday activities that fill our “well.” Provided by Wichita State University and Iowa College of Public Health

- **General Resources:**

- [BMINDFUL website](#)
  - [UIOWA DEI Instagram](#)
  - [University of Iowa DEI Website](#)
  - [DEI Events on Campus](#)
  - [UBio department DEI website](#)
  - [Land Acknowledgment](#)
  - [Student Disability Services](#)
  - [Pomerantz Career Center: Inclusion at Work](#)
  - [1stGen@Iowa Resources](#)
  - [Tutor Iowa](#)
  - [Gender Pronouns](#)
  - [Journey to Unity Events](#)
  - **Department of Biology Lending Library**

- In the main office (143 BB)

\*\*\*Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact Reagan Terronez at [reagan-terronez@uiowa.edu](mailto:reagan-terronez@uiowa.edu) if this relates to BIO events and/or if you need help navigating this process\*\*\*