

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:

- **LGBTQ History Month**

- LGBTQ+ History Month is a month-long celebration that occurs in October to observe lesbian, gay, bisexual, transgender, and queer history. It also honors the ongoing history of queer and trans rights.
 - More information and events at this [LINK](#)

- **Al Ritmo**

- Join ALMA and CAB as they celebrate the end of Latinx Heritage Month on Saturday, October 14th from 8 - 11 PM in the IMU 2nd Floor Ballroom. They will have dinner, dancing, and a dance performance by Solange Bolger and Jose Molina!

- **Self-Care and Mental Health**

- As we approach the middle of the semester, life can get hectic. Follow the link to find resources on support services, events related to mental health, and more.
 - [Mental Health at Uiowa](#)
 - [Self Care Strategies](#)

- **Mental Health and Wellness Series**

- [Professional Self-Care Series #1: Stress, Burnout, Resilience, OH MY!](#)

- In this session, Wichita State University and Iowa College of Public Health will discuss the compassion fatigue cycle, the impacts of stress on how we communicate, and offer strategies for managing stress in the moment to improve our well-being and strengthen connections with those we live and work with.

- **Global Diversity Awareness Month**

- Global Diversity Awareness Month celebrates the way different cultures, ethnicities, backgrounds, heritages, and abilities contribute to more dynamic and creative workplaces.

- **Filipino American History Month**

- Filipino American History Month celebrates the events, experiences, and lives of Filipino Americans.

- [Filipino American National History Society](#)

- **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 if this relates to BIO events and/or if you need help navigating this process