# RACE, CULTURE, & ETHNICITY in Education

FALL 2019 EDUC/AMST 240 9:40 - 11:10am T, Th ArtCom 202

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### Welcome to EDUC 240!

Tolstoy described education as "culture under restraint." Carter G. Woodson, widely known as the founder of African American Studies, argued that education and schooling are two entirely different things, and that cultural and material self-determination is what separates them. The complex process of educating diverse groups of people

becomes even more difficult when we explore how dynamics of race, ethnicity, language, cultural practices, and power converge. This course looks broadly at the impacts of sociocultural and sociopolitical legacies on the modern landscape of mass schooling in the United States. We explore how educational power has been distributed to effectively create vast disparities in how people of different racial, ethnic, economic, linguistic, geographic, and cultural backgrounds have and continue to experience schooling. Within this historical journey, we will investigate three primary questions: 1) How has schooling/education been used to both oppress and liberate various communities in the US; 2) How have communities who have been negatively racialized in the US understood the purpose and intention of

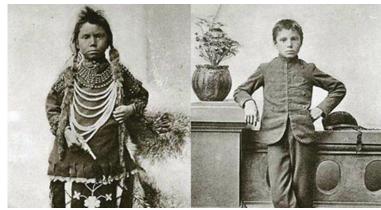
"The paradox of education is precisely this - that as one begins to become conscious one begins to examine the society in which (they are) being educated."
-James Baldwin

state-mandated schooling, and; 3) What does racially, linguistically, culturally, and socially just education look like given the historical constructs of schooling/education in the US? I invite you to explore these topics with me and each other, challenge yourself to ask questions of what seems to be common sense, critique your own schooling experience, and develop an activist mindset toward educational transformation for the social good.

### **Learning Objectives**

At the end of this course you should be able to:

- Describe the historical role that schooling played as a mechanism for colonization and dispossession across communities in the U.S.
- Articulate the multiple, and sometimes competing, approaches to teaching and learning that exist among disparate cultural communities.



Before and after picture of a Native American child after being sent to boarding school. Image: Thomas Moore Autry

- Develop a solid understanding of how racialized policies in education serve to create and maintain educational disparity.
- Articulate an understanding of theories of race and racialism.
- Demonstrate an understanding of the impact of language and language ideology as a primary factor in racialized educational disparity.
- Demonstrate an understanding of educational desires and resistance to oppressive educational structures by indigenous and communities of color, and other marginalized groups connected to ethnic studies.
- Critique mainstream narratives justifying racial disparity in education.
- Articulate a vision for racial, linguistic, cultural, and social justice in education.



### Required Texts:

Anzaldúa, G. (1987). Borderlands La Frontera: The New Mestiza. San Francisco, CA: Aunt Lute Books.

Bell, D. (2004). *Silent covenants: Brown v. Board of Education and the unfulfilled hopes for racial reform.* New York: Oxford University Press.

Waziyatawin (2008). What Does Justice Look Like? St. Paul, MN: Living Justice Press.

\* Selected supplemental readings provided by the instructor via Moodle will also be required.

### **Recommended Texts:**

Adams, D. W. (1995). *Education for Extinction: American Indians and the Boarding School Experience, 1875-1928*. University Press of Kansas

Anderson, J. (1988). *The Education of Blacks in the South, 1860-1935.* Chapel Hill, NC: University of North Carolina Press.



Image of George W. McLaurin seated in the anteroom of a college classroom, Blackpast.org

Anyon, J. (1997). *Ghetto schooling: A political economy of urban educational reform*. New York: Teachers College Press.

Bonilla-Silva, E. (2006). *Racism without* racists: Color-blind racism and the persistence of racial inequality in the United States. (2<sup>nd</sup> ed.). Lanham, MD: Rowman & Littlefield.

Carter, P. (2005). *Keepin' It Real: School Success Beyond Black and White*. New York, Oxford University Press.

Cuauhtin, R., Zavala, M., Sleeter, C., & Au, W. (Eds.) (2019). *Rethinking Ethnic Studies*. Milwaukee, WI: Rethinking Schools, Ltd.

Deloria, V. & Wildcat, D. (2001). *Power and Place: Indian Education in America*. Golden, CO: American Indian Graduate Center.

Dixson, A. & Rousseau, C. (Eds.) (2006). *Critical Race Theory in Education.* New York: Routledge.

Duncan-Andrade, J. & Morrell, E. (2008). *The Art of Critical Pedagogy: Possibilities for Moving from Theory to Practice in Urban Schools*. New York: Peter Lang Publishing, Inc.

Freire, P. (1970). *Pedagogy of the Oppressed*. New York: The Continuum International Publishing Group, Inc.

hooks, b. (1994). *Teaching to Transgress: Education as the Practice of Freedom*. New York: Routledge.

Kumashiro, K. (2002). Troubling Education: Queer Activism and Anti-oppressive Pedagogy. New York: RoutledgeFalmer.

Santa Ana, O. (Ed.). (2004). *Tongue-tied: The lives of multilingual children in public education*. Rowman & Littlefield.

Tuck, E & Yang, K.W. (Eds.) (2018). Toward What Justice?: Describing Diverse Dreams of

Justice in Education. New York: Routledge.

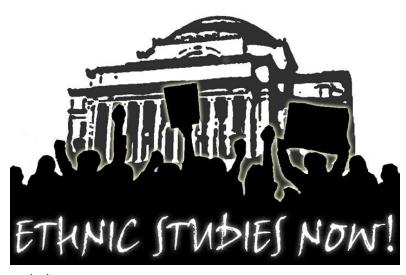


Image: EthnicStudiesNow.com

Valenzuela, A. (1999). Subtractive Schooling: U.S.-Mexican Youth and the Politics of Caring. Albany, NY: SUNY Press.

Watkins, W. (2001). *The White Architects of Black Education: Ideology and Power in America, 1865-1954.* New York: Teachers College Press.

Watson, D., Hagopian, J., & Au, W. (Eds.) (2018). *Teaching for Black Lives*. Milwaukee, WI: Rethinking Schools, Ltd.

Woodson, C. (1933/1990). *The Mis-Education of the Negro.* Trenton, NJ: Africa World Press.



Images photographed by Nia Madison & TJ Lor at the 2019 Free Minds, Free People Conference in Minneapolis

# Schedule

(Please note that this schedule is subject to change)



# **In Class Topics**

- -Course Introduction, Class Ethos, and Community Building
- -What is at stake?
- -Defining power

For Thursday (9/5) - View the film Schooling the World (Moodle)

Week 2 Sep 10,12	In Class Topics  Coloniality How have colonial logics been operationalized locally, nationally, and internationally?  What are our relationships to indigenous lands/peoples?	Read: Anzaldúa – Preface & Ch. 1 – The Homeland Waziyatawin – Intro & Ch. 1 la paperson – Ch. 1 "Settler Colonialism is a Set of Technologies" (Moodle)	Due
Week 3 Sep 17, 19	In Class Topics  What are the logics/technologies of coloniality?  What are the logics/technologies of decolonization?	In Preparation  Read: Waziyatawin – Ch. 2 – Ch. 3 Adams Ch. 4 (Institution) OR Ch. 5 (Classrooms) OR Johnston-Goodstar "Native Youth Media" OR Podcast: Codeswitch - "What We Inherit"	Due  Group #1 Facilitation (9/17)
Week 4 Sep 24, 26	In Class Topics  Racial Theory/Racialism How did race develop as a social construct?  What is the function of race and racialism?	In Preparation  Read: Waziyatawin – Ch. 4 – Ch. 5 Roberts – Fatal Invention, Ch. 1-2 (Moodle) Multimedia Texts: Uncivil – The Sentence (http://www.gimletmedia.com/uncivil/the-sentence#episode-player) OR The Invention of Race (https://www.mprnews.org/story/2017/12/05/	Power, Borders, & Coloniality Assignment (Due 9/28)  Group #2 Facilitation (9/24)  Digital Annotation #1 (Due 9/24)

		the invention of race)	
	In Class Topics	In Preparation	Due
Week 5 Oct 1, 3	Debt & Dignity How do the concepts of "educational debt" & "educational dignity" shift our understandings of the role of race in schooling?	Read: Anzaldúa – Ch. 2 – Movimientos Ladson-Billings – "Education Debt" (Moodle) Espinoza & Vossoughi – "Perceiving Learning Anew" (Moodle)	Digital Annotation #2 (Due 10/1)
Week 6 Oct 8	In Class Topics  Race & Education in a Carceral State  Guest lecture - Deborah Appleman (Carleton College) *  **No Class (10/10)** International Roundtable (10/9-10/12)	Read: Appleman – Words No Bars Can Hold TBD	Due
	In Class Topics	In Preparation	Due
Week 7 Oct 15, 17	Raciolinguistics How do race and language intersect in schooling environments?	Read: Anzaldúa – Ch.5 – How to Tame a Wild Tongue Flores & Rosa – "Undoing Appropriateness" (Moodle) Delpit – "The Skin We Speak" Intro & Ch. 3 (Moodle) Young – "Nah We Straight" (Moodle)  In class: Cushing-Leubner – "Heritage Language Education"	Digital Annotation #3 (Due 10/15)

	In Class Topics	In Preparation	Due
Week 8	How do	Read:	Croup #2 Facilitation
Oct 22	How do		Group #3 Facilitation
ال ا	language	Smitherman – <i>Talkin and Testifyin</i> Ch. 1-2	(10/22)
	ideologies	(Moodle)	Disital Appatation #4
	shape our	Fish – "What Should Colleges Teach? (Part 3)"	Digital Annotation #4
	understanding	(Moodle)	(Due 10/22)
	of social	Young – "Should Writers Use They Own	D
	hierarchy?	English?" (Moodle)	Personal
	VA/In a Link and a	Fecho – "Yo, Wazzup?" (Moodle)	Language Tracing (Due
	What does	In along Control Ann. ((Channalan af Frank)	10/23)
	liberatory	In class: Santa Ana – "Chronology of Events,	
	language	Court Decisions, and Legislation Affecting	
	education	Language Minority Children"	
	look like?		
	Guest lecture – Jake		
	Mohan (MAX Center)		
	Centery		
	**No Class		
	(10/24) Fall		
	Break**		
	Dieak		
	In Class Topics	In Preparation	Due
Week 9	Culture	Read (for Thursday):	Brief Philosophy of
Oct	<b>Culture</b> What do we mean	Read (for Thursday): Gonzalez – "Beyond	Brief Philosophy of Language
		• • • • • • • • • • • • • • • • • • • •	
Oct	What do we mean	Gonzalez – "Beyond	Language
Oct	What do we mean when we use the	Gonzalez – "Beyond Culture" (Moodle)	Language
Oct	What do we mean when we use the term "culture"? Is it a	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 –	Language
Oct	What do we mean when we use the term "culture"? Is it a useful term given its	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the	Language (Due 11/1)
Oct	What do we mean when we use the term "culture"? Is it a useful term given its history and	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent	Language (Due 11/1) Digital Annotation #5
Oct	What do we mean when we use the term "culture"? Is it a useful term given its history and	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – <i>La herencia</i>	Language (Due 11/1) Digital Annotation #5
Oct	What do we mean when we use the term "culture"? Is it a useful term given its history and	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – La herencia de Coatlicue	Language (Due 11/1) Digital Annotation #5
Oct	What do we mean when we use the term "culture"? Is it a useful term given its history and	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – <i>La herencia</i> <i>de Coatlicue</i> Carter & Warikoo –	Language (Due 11/1) Digital Annotation #5
Oct	What do we mean when we use the term "culture"? Is it a useful term given its history and complexity?	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – La herencia de Coatlicue Carter & Warikoo – "Cultural Explanations" (Moodle)	Language (Due 11/1)  Digital Annotation #5 10/29)
Oct	What do we mean when we use the term "culture"? Is it a useful term given its history and	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – La herencia de Coatlicue Carter & Warikoo – "Cultural Explanations"	Language (Due 11/1) Digital Annotation #5
Oct	What do we mean when we use the term "culture"? Is it a useful term given its history and complexity?  In Class Topics	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – La herencia de Coatlicue Carter & Warikoo – "Cultural Explanations" (Moodle)  In Preparation	Language (Due 11/1)  Digital Annotation #5 10/29)
Oct 29,31	What do we mean when we use the term "culture"? Is it a useful term given its history and complexity?  In Class Topics  The Ethnic Studies	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – La herencia de Coatlicue Carter & Warikoo – "Cultural Explanations" (Moodle)  In Preparation  Read:	Language (Due 11/1)  Digital Annotation #5 10/29)
Oct 29,31  Week 10	What do we mean when we use the term "culture"? Is it a useful term given its history and complexity?  In Class Topics  The Ethnic Studies Movement	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – La herencia de Coatlicue Carter & Warikoo – "Cultural Explanations" (Moodle)  In Preparation  Read: Anzaldúa – Ch. 6 – Tlilli, Tlapalli	Language (Due 11/1)  Digital Annotation #5 10/29)
Oct 29,31  Week 10	What do we mean when we use the term "culture"? Is it a useful term given its history and complexity?  In Class Topics  The Ethnic Studies  Movement How have	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – La herencia de Coatlicue Carter & Warikoo – "Cultural Explanations" (Moodle)  In Preparation  Read:	Language (Due 11/1)  Digital Annotation #5 10/29)
Oct 29,31  Week 10	What do we mean when we use the term "culture"? Is it a useful term given its history and complexity?  In Class Topics  The Ethnic Studies  Movement  How have historically	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – La herencia de Coatlicue Carter & Warikoo – "Cultural Explanations" (Moodle)  In Preparation  Read: Anzaldúa – Ch. 6 – Tlilli, Tlapalli Precious Knowledge (film) – (Moodle)	Language (Due 11/1)  Digital Annotation #5 10/29)
Oct 29,31  Week 10	What do we mean when we use the term "culture"? Is it a useful term given its history and complexity?  In Class Topics  The Ethnic Studies Movement How have historically marginalized	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – La herencia de Coatlicue Carter & Warikoo – "Cultural Explanations" (Moodle)  In Preparation  Read: Anzaldúa – Ch. 6 – Tlilli, Tlapalli	Language (Due 11/1)  Digital Annotation #5 10/29)
Oct 29,31  Week 10	What do we mean when we use the term "culture"? Is it a useful term given its history and complexity?  In Class Topics  The Ethnic Studies  Movement  How have historically	Gonzalez – "Beyond Culture" (Moodle) Anzaldúa – Ch. 3 – Entering into the Serpent & Ch. 4 – La herencia de Coatlicue Carter & Warikoo – "Cultural Explanations" (Moodle)  In Preparation  Read: Anzaldúa – Ch. 6 – Tlilli, Tlapalli Precious Knowledge (film) – (Moodle)	Language (Due 11/1)  Digital Annotation #5 10/29)

educational desires toward liberation? What do ethnic studies afford youth who have been dispossessed of their educational rights?

Guest visit (11/5) – Dr. Curtis Acosta

Education &
Advocacy Event
(11/5, 6pm, Kagin) –
Curtis Acosta
Mandatory
attendance (Ed
Studies majors &
minors)

Ethnic Studies forum (11/4, 5-8pm, East Side Freedom Library)

\*\*No Class (11/7)\*\*



In Class Topics	In Preparation	Due
Policy	Read:	Group #4 Facilitation
How has race	Bell – Ch. 1-3	(11/14)
impacted	Donato & Hanson – "Legally White, Socially	
educational policy?	'Mexican'" (Moodle)	Digital Annotation #6
What do the shifting	OR	(Due 11/12)
constructions of race	Poon et al – "A Critical Review of the Model	
in policy tell us	Minority Myth" (Moodle)	Final Project
about its function for		Prospectus (Due
schooling?		11/14)

	In Preparation	Due
Week 12 Nov 19, 21	Read: Bell – Ch. 4 – Ch. 8 Hooks – "Introduction" (Moodle) OR Dumas – "Losing an Arm" (Moodle) OR Podcast: Malcolm Gladwell – Miss Buchanen's	Digital Annotation #7 (Due 11/19)

through a critical race lens?		educational policy through a critical race lens?	Period of Adjustment (Moodle)
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Week 13 **Nov 26** (optional) **In Class Topics** In Preparation Due

Regroup, Revisit, Read:

Reflect Bell - Ch. 10 -12 Rewriting Brown (Due 11/25)

Discuss final projects one on one with Brian

\*\*No Class (11/28) -Holiday Break \*\*

What does culturally

sustaining education

future? What are the

distinctions between

relevant schooling and liberatory

DisCrit fundamental to our notions of

futurity? How is

freedom?

**In Class Topics** 

look like in the

Week 14 Dec 3, 5

In Preparation Due

Read:

Tuck & Yang - "Decolonization is not a Metaphor" (Moodle) Anzaldúa – Ch. 7 – La conciencia de la mestizo

Loutzenheiser & Erevelles – "What's Disability Got To Do With It?"

Final Project (Due

12/8)

Digital Annotation #8

(Due 12/3)

Group #5 Facilitation

(12/5)

Week 15 Dec 10

**Course Wrap-up Presentations** Celebration

# Learning Environment

It is critically important that our class be a safe and inclusive environment for everyone. The success of this class is dependent upon everyone's participation. This course will regularly address issues of race, ethnicity, gender, socioeconomic class, sexuality, and other markers of identity. I intend to present materials and activities that are respectful of diversity among these and other identifiers. I intend that people from all backgrounds will be well served by this course, that your learning needs will be addressed both in and out of class, and that the diversity you bring to this class will be viewed as a resource, strength, and benefit by all class members. Please let me know of any ways to improve the effectiveness of the course for you personally, or for other individuals or student groups. Further, to ensure a productive learning environment for all of us, electronic devices such as cell phones should be kept on silent during class time and only used for class purposes. Friends or relatives of enrolled students are welcome to attend class sessions with prior consent of the instructor.

### **Accommodations:**

I will strive to accommodate every student to achieve optimal learning conditions. In some cases this may mean adapting the course design or classroom environment. If you think you need an accommodation for disability please contact the Office of Student Affairs at your earliest convenience. The Disability Services Coordinator, Josie Hurka, coordinates services. To schedule an appointment call 651-696-6974.

#### **Class Attendance:**

Class attendance is critical to the learning process. Many of the class activities and discussions cannot be replicated by make up assignments. There may also be topics and ideas discussed specifically in class, and not in texts, that you will be expected to understand. Therefore, at least 85% attendance is required for successful completion of the course.

I understand that unavoidable absences may occur. Whether an absence is planned or unplanned, it is your responsibility to:

- 1) Inform the instructor of your absence before the class session missed
- 2) Follow-up on what you have missed with either a classmate or the instructor before the next class session. It is your responsibility to stay on-track with course expectations.

#### **Class Participation**

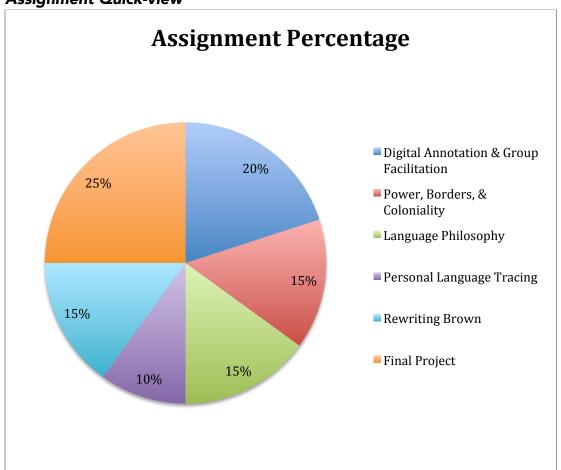
This course is taught from the philosophy that knowledge is socially constructed; therefore, each class member's participation is desired and needed in order to maximize our collective learning and understanding. You are expected to attend each class on time, be prepared for class by having read assigned material and completed assignments, actively participate in class exercises and group learning experiences, and communicate with the instructor to the best of your ability. I understand that not everyone is comfortable speaking in class. In order to accommodate everyone I have included multiple ways to interact with your peers including small and large group discussions, Moodle reflections, student facilitations, group assignments, and digital annotation of class texts. Each of these are ways you can participate in class.

#### Late Work

Due dates for assignments are firm for logistical reasons. Unless you and I have prior written agreement on an extension, please submit assignments in a timely manner. Assignments turned in after the due date, without prior written agreement (via email) may not be counted toward your final grade.

# Assignments & Grading





# Assignment Details

- Each individual assignment will be introduced in class.
- In some cases assessment rubrics will be made available as the class progresses.
- All written assignments should be double-spaced using 12pt. font, 1" margins, and submitted as a word document (preferred) or PDF.
- Assignments should all be submitted electronically via the class Moodle site.

### **Assignment Quick-view**

Assignment	Due	% of grade
Digital Annotations & Group Facilitation	Multiple dates	20%
Power, Borders, & Coloniality	9/28	15%
Language Philosophy	11/1	15%
Personal Language Tracing	10/23	10%
Rewriting Brown	11/25	15%
Final Project	12/8	25%

**Digital Annotations** - (See detailed assignment description handed out in class) In order to make our class texts more dynamic, each student is required to do 3 digital annotations (out of 8 possible) during the semester via Hypothes.is. We will explore the software together in class. Facilitation groups are encouraged to utilize annotated texts as part of their class session.

**Group Facilitations** — Reflection groups of 5-6 members will be randomly assigned in the beginning of the semester. These groups have two functions. First, members will respond to two other members' digital annotations three times throughout the semester by Thursday's class. Second, each group will facilitate one 30-45 minute session for the class during the semester based on the readings for that week (groups will sign-up for dates in class).

**Power, Borders, & Coloniality Narrative** - (See detailed assignment description handed out in class) During the first quarter of the semester we will explore how education was impacted by the European colonization of North America and the imposed schooling practices that followed. Individually, or in groups (of up to 3) you will combine imagery and narrative to explore the multiple ways borders (tangible and abstract) have come to be part of our education systems and social worlds.

Language Philosophy - (See detailed assignment description handed out in class) We will spend a significant portion of the class exploring how language and language education have continued to be colonial constructs. We will explore how African American language varieties have been maintained as a language system. You will write a 2-3 page philosophy of language using Black English language constructs.

**Personal Language Tracing** – In 400-600 words you will trace your linguistic heritage. This may involve some familial research as well as explorations of the language policies of the schools you attended.

**Rewriting Brown** – (See detailed assignment description handed out in class) In Chapter 3 of *Silent Covenants* Derrick Bell rewrites the *Brown* decision in order to address the historical flaws that he believed were part of the decision. Individually, or in groups of 2-3, you will rewrite the *Brown* decision in 2-3 pages using historical hindsight to theorize what a more effective decision could entail.

**Final Project** - (See detailed assignment description handed out in class) The final project is an open-ended exploration of any of our course topics. You can choose to pursue anything that spoke to you or challenged you throughout the semester. There are 4 format options for your final project:

- 1) 2000-3000 word paper (not including references)
- 2) 10-12 minute digital story
- 3) 15 minute podcast
- 4) Multimodal visual text (e.g. Padlet.com) requirements to be determined Final projects may be done in groups of two with permission from the instructor.

# For support with ...

## Writing / Research / Presentations

For support with writing, research, and presentations feel free to talk with me. You can also make use of the MAX Center <a href="http://www.macalester.edu/max/">http://www.macalester.edu/max/</a> and the Dewitt Wallace Library <a href="http://www.macalester.edu/library/">http://www.macalester.edu/library/</a>

### Mental Health and Stress Management:

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance and may reduce your ability to participate in daily activities. I encourage you to remember that sleeping, moving your body, and connecting with others can be strategies to help you be resilient at Macalester. If you are having difficulties maintaining your well-being, please reach out to one of the resources listed below.

### **On-Campus Resources**

### **Laurie Hamre Center for Health & Wellness**

Leonard Center Room 53, 651-696-6275 (call to make an appointment). Follow *macalesterhwc* on Instagram. www.macalester.edu/healthandwellness/

- Medical Services
  - There is no charge for an office visit to see a provider for most appointments
  - o Medical providers can talk to you about your mental health.
- Counseling Services
  - o Health & Wellness counselors provide short-term counseling to students.
  - Drop-in counseling sessions are available each day; first-come, first-served basis.
  - Counseling staff offers multiple groups each semester. Check Hamre Center website for more information on specific groups being offered.
  - 24 Hour Urgent Phone Counseling PRESS 2

- To speak to a mental health counselor at any time, call 651-696-6275, then press "2" to be connected to ProtoCall, a free phone counseling service that Macalester provides for students, available 24/7.
- Self-Care Resources
  - Health Promotion
    - Provides a variety of resources and events, including free movement classes, tea, sleep masks, earplugs, and sexual health resources. Visit the HWC website, visit the Wellness Lounge in Leonard Center room 55 (across from Studio 2) for resources.
  - PAWS @ Mac (therapy dog program)
    - To learn more about when and where to find the therapy dogs, email paws@macalester.edu, or follow pawsatmac on Instagram or Facebook.

### Resident Advisor (RA) and Resident Hall Director (RHD)

• Both RAs and RHDs can serve as a first point of contact and are able to connect you to resources during mental health crises.

### **Other Support Offices**

- Center for Religious and Spiritual Life, (651-696-6298), Weyerhaeuser Chapel
- Office of Student Affairs (651-696-6220), Weyerhaeuser 119

**Urgent and Off-Campus Resources** 

(www.macalester.edu/healthandwellness/afterhours)

#### **Macalester Security**

- Call 651-696-6555 in the case of any emergency to reach Macalester Security. They will connect you with other campus response personnel.
- On Friday and Saturday nights (9 pm 2 am), student EMTs are on call, and will respond to health-related emergencies when Security is called

# Press 2 – Phone Mental Health Counseling (see description above)

651-696-6275, menu option 2

#### **Crisis Text Line**

• Minnesota's suicide prevention and mental health crisis texting services are available 24 hours a day, seven days a week. Text MN to 741741 to be connected to Crisis Text Line.

### **Transgender Suicide Hotline**

• 877-565-8860

### **Urgent Care for Adult Mental Health**

402 University Ave E. St. Paul, MN 55130 651-266-7900 (24/7 phone support; walk-ins M-F 8am - 5:30pm)

# **Regions Hospital (Emergency Room)**

640 Jackson St St. Paul, MN 55101 651-254-3456

### Transportation

If you have an urgent health need and do not have transportation to get to a clinic or hospital, Hamre Center staff, Residential Life staff, and other campus response individuals can arrange for a ride share (Uber) to and from the clinic/hospital. There is no charge for the ride.