

**December 9, 2021:** Andrea Morgan (OHSU) - "I Am OHSU—How Owning Our Places at OHSU as Individuals Can Make Us Better Together" Andrea Shares her experience of being a black person in academia. 41 participants

**Summary:** Andrea Morgan, PhD student in the Vollum, discussed her experience with racism as a black woman at OHSU. She offered her perspective as to how we can do better so that all trainees can feel welcome as part of OHSU. OHSU employees and students at all levels must treat others with respect, and the systems in place to protect employees and students work when they are utilized appropriately. Also, we must all work to make sure trainees are not experiencing food insecurity. It is difficult to engage in higher level education while worrying about your next meal. Bullying is a big concern for students. Health, welfare and respect are critical parts of inclusion.

**January 11, 2022:** Cristina Tognon with Lissi Hansen – The Art of Saying No. 31 participants

**Summary:** Cristina Tognon, PhD, Scientific Director of the Druker Lab, and Astra-Zeneca/OHSU Partner of Choice Coordinator and Lissi Hansen, PhD, RN, Professor OHSU School of Nursing, Palliative Care Nurse. Cristina and Lissi discussed the Art of Saying No. Before saying yes to anything, big or small commitments, give yourself some time to determine how this commitment aligns with your values. If it does not align with your values, decline or delay the commitment. When declining, it is important to express how you're values are leading you to say no while emphasizing the importance of the relationship with the person making the ask. Example: "Thank you for reaching out. I am unavailable for the meeting with your team at 5:30pm on Friday, as it is important to me to spend time with my family that evening. I appreciate you thinking of me for this event, and please keep me in mind for future team meetings."

**February 8, 2022:** Dr. Blair Peters – Queer in Medicine: Representation and Allyship

**Summary:** Dr. Blair Peters, Assistant Professor of Surgery, and Gender Affirming surgeon, will talk to the group about what it means to be Queer in medicine and beyond, the history of the Queer community, and how to be an ally.

**March 8, 2022:** Sarah Walker – Interactive workshop with Faculty Wellness Center

**Summary:** Sarah Walker, PhD, Psychologist, Associate Professor of Psychiatry, will host a work shop on mental health and keeping ourselves well, in addition to discussing resources for mental health at OHSU.

**April 12, 2022:** Jackie Wirz – Perspectives on Mental Health

**Summary:** Jackie Wirz, PhD, Principal, STEM Coaching and Consulting, LLC, will discuss experiencing mental health issues as an OHSU graduate student, and as OHSU faculty. Jackie will focus on allyship and resources available through OHSU.

**May 10, 2022:** Zachary Stocks – *Oregon's Black History: 450 Years in 45 Min.*

**Summary:** Zachary Stocks, MA, Executive Director at Oregon Black Pioneers, will discuss the history of racism in Oregon state, as well as the experience of Black people in Oregon, from the time before Oregon achieved statehood through to the present.