

Resources for Equitable Inclusive Excellence Amid COVID-19

Cultural Awareness and Growth Mindset

- ["When Xenophobia Spreads Like a Virus,"](#) NPR's Code Switch podcast, (~25 minute listen)
- [Asian Americans share experiences and impact of xenophobic micro-aggressions in the wake of COVID-19](#) (~5 minute viewing)
- [Coronavirus racism and tools for disrupting it](#), Iowa State University
- [Statement on exercise of care in coverage of COVID-19 outbreak](#), Asian American Journalists Association
- [Statement on reducing stigma](#), Centers for Disease Control and Prevention

LGBTQ+

- <https://onlinedegrees.und.edu/online-master-degrees/master-science-nursing/lgbtq-senior-resources/> University of North Dakota, insight for care and treatment the LGBTQ community deserves.
- ["1-1 Coaching Sessions"](#), The LGBTQ+ Resource Center
- [Community Council Resource Page](#)

Inclusive Learning and Engagement

- ["Inclusion, equity and access while teaching remotely,"](#) Rice University's Center for Teaching Excellence
- [Wasteland Documentary](#), Embracing Change course, University of Arizona
- [Webinar online education and website accessibility](#), Office of Civil Rights, U.S. Department of Education (~7 minute listen)
- [Resources on equity and achievement in virtual learning](#), Online Learning Research Center School of Education, UC Irvine
- ["Teaching through coronavirus: what educators need right now,"](#) Teaching Tolerance Magazine, March 19, 2020 (includes a range of resources on COVID-19 and social justice, best practices, and emotional support resources)

Self-Care

- ["Seven crucial research findings that can help people deal with COVID-19,"](#) and a range of other [general COVID-19 resources](#), American Psychological Society
- ["The most common symptoms of coronavirus and what you can do about it,"](#) Thrive Global
- [Managing stress and anxiety amid COVID-19](#), Centers for Disease Control and Prevention

