DIVERSITY FORUM 2022

Reckoning with Ourselves: Developing Skills to Process and Engage with Difficult Histories

Kacie Lucchini Butcher, Director, UW–Madison Public History Project Taylor Bailey, Assistant Director, UW–Madison Public History Project Caitlyn LoMonte, Director of the Office of Inclusion Education, Student Affairs

Welcome and Introductions



Kacie Lucchini Butcher, Director, UW–Madison Public History Project



Taylor Bailey, Assistant Director, UW–Madison Public History Project



Caitlyn LoMonte, Director of the Office of Inclusion Education, Student Affairs

Land Acknowledgement

The University of Wisconsin-Madison, the ancestral land that we are on today, is that of the Ho-Chunk people, a place their nation has called Teejop since time immemorial. As an action within our Shared Future, it is our duty to recognize the land we are on, the role we play in the on-going process of colonization, and the deep past and present actions that impact Indigenous people in this place. As we continue unpacking who we are today in this presentation, we challenge you to reflect on how you can increase your knowledge and understanding of native populations, learn the difficult truth of our history, and how we can move beyond acknowledgements to action.

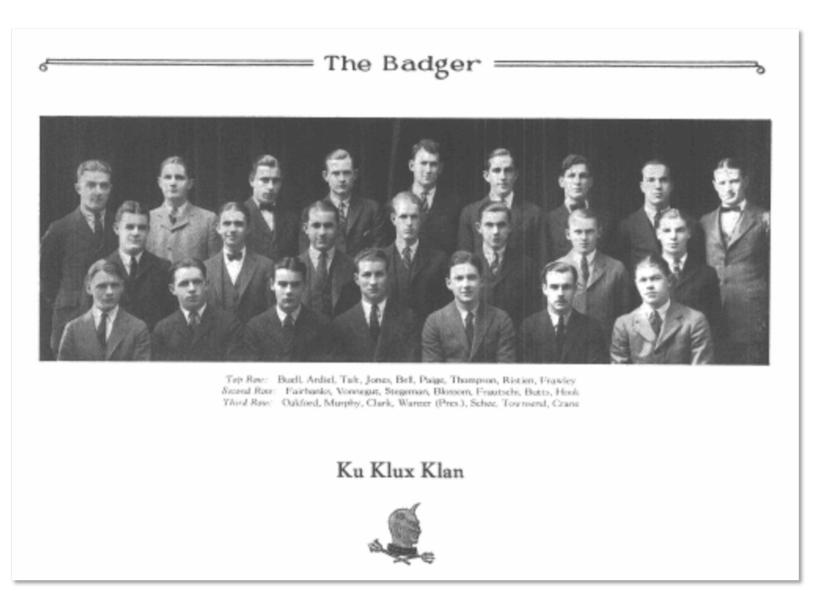
Community Agreements

- 1. Be aware of your identities and positionality.
- 2. Lean into discomfort and challenge yourself to be engaged in the space.
- 3. Understand intent and be accountable for impact.
- 4. This is ongoing work and requires all of us to take action.

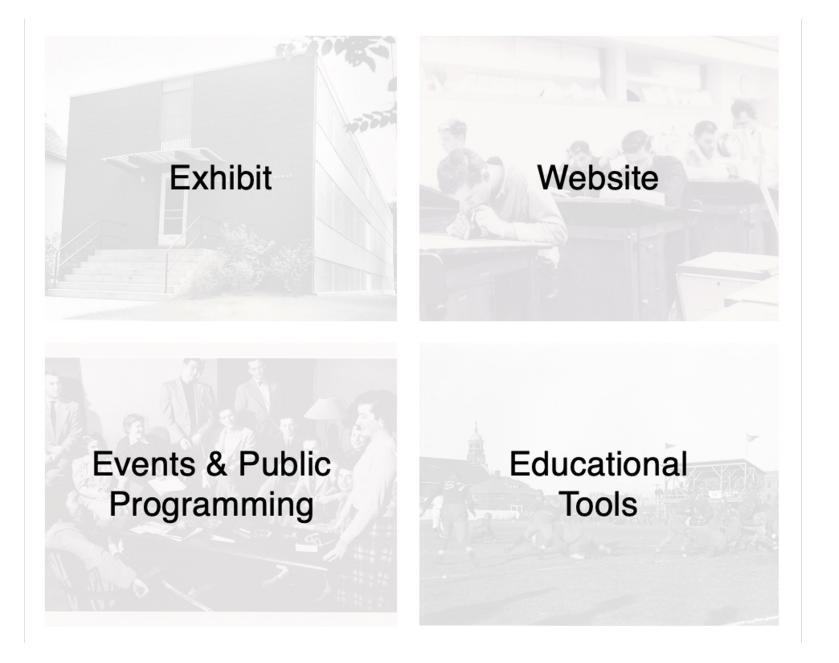
Learning Outcomes

- Participants will leave with a set of skills to understand and reckon with their own emotional responses to learning about and processing difficult histories
- 2. Participants will leave with tools for reflecting, processing, and working through emotional responses to learning new histories
- 3. Participants will leave with a better understanding of how to have productive conversations about difficult histories.

UW-Madison's Public History Project



The UW-Madison Public History Project aims to recover and acknowledge the history of exclusion on campus through the voices of those who experienced and resisted it.



Reckoning (noun)

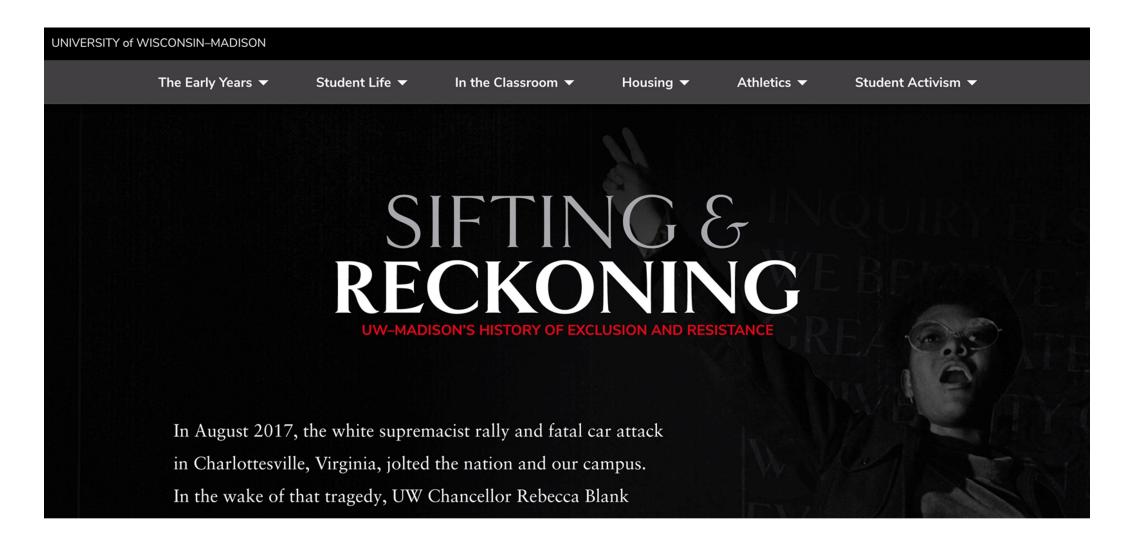
- 1. The action or process of calculating or estimating something
- 2. A person's view, opinion, or judgement
- 3. A bill or account, or its settlement

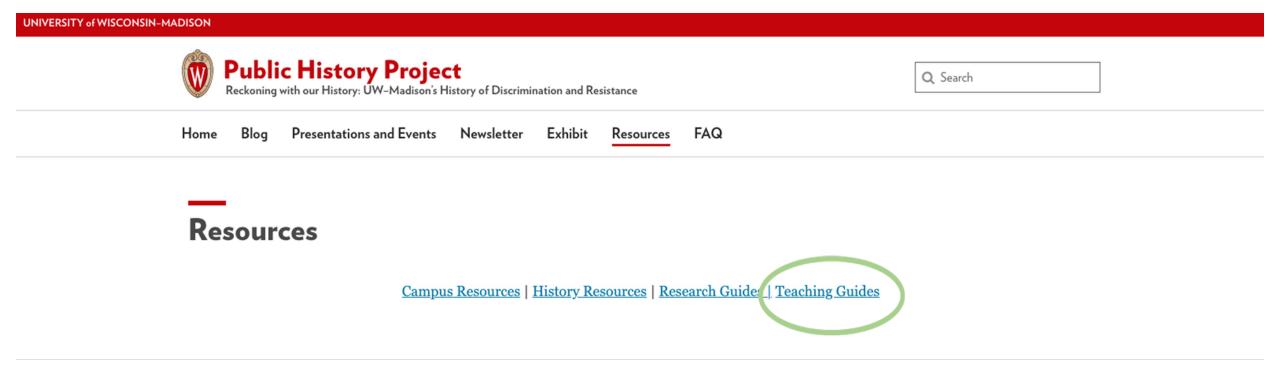
SIFTING & RECKONING

UW-MADISON'S HISTORY OF EXCLUSION AND RESISTANCE

Exhibition on view at the Chazen Museum of Art | September 12 – December 23, 2022

reckoning.wisc.edu





Curricular Materials

Public History Project Reckoning with our History: UW-Madison's History of Discrimination and Resistance

Q Search

Home Blog Presentations and Events Newsletter Exhibit Resources FAQ

Teaching Guides

The Public History Project developed these teaching guides to provide educators with resources about historical moments of discrimination and resistance at the University of Wisconsin–Madison campus. Almost all of the primary sources in these teaching guides come from archival research conducted by historians working on the project. We encourage educators to modify and adapted these guides and sources to best fit the needs of their particular lesson plans, students, and classrooms.

Each teaching guide includes:

Recommended primary sources with a description of each source.

Recommended secondary readings to help students contextualize the primary

Additional primary sources with descriptions and secondary readings.







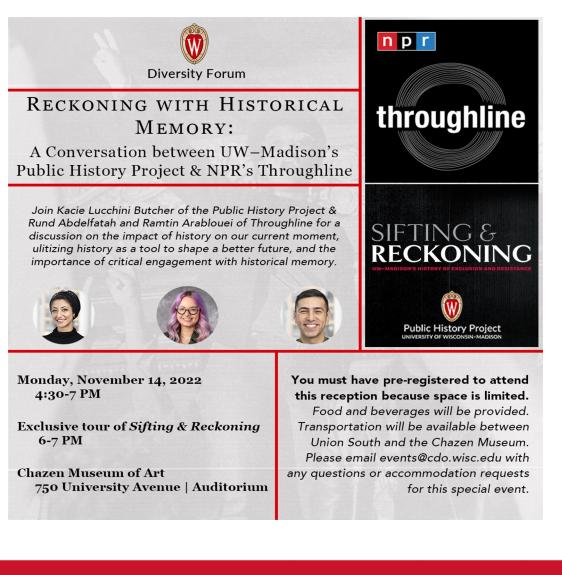
Black Student Strike and Black Power Movement on Campus



Discrimination and Resistance in Athletics at UW-Madison

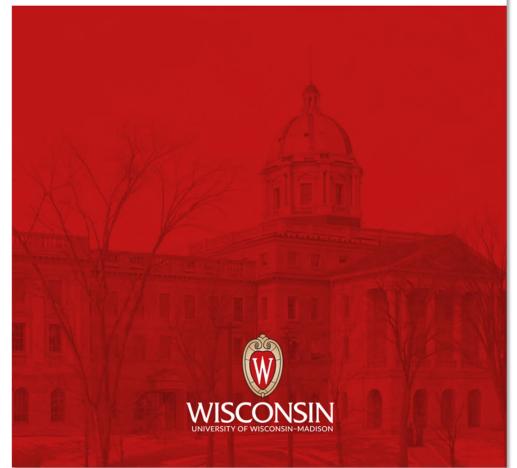
Events & Programming





Final Report

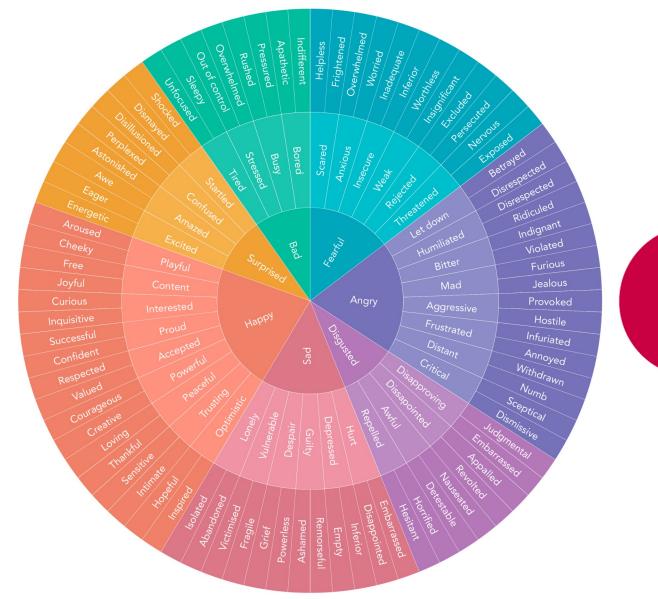
University of Wisconsin-Madison PUBLIC HISTORY PROJECT



Reckoning (noun)

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Understanding and Embracing Our Feelings





Emotional Response to History

"Coaching at the University of Wisconsin was nothing like I envisioned. In fact, I liked coaching. I did until I coached at the University of Wisconsin. ... I never envisioned the humiliations and non-comradeship I endured as assistant football coach. [They were] the most miserable days of my entire life. I never experienced anything that ... demeaning and unprofessional ... as I endured as a football coach at the University of Wisconsin ... It's difficult for me to say, but it's the truth."

—Les Ritcherson

Emotional Response to History

"They got people of color to come here but they didn't make it a welcoming place for us to want to stay here."

—Julianna Bennett '22

Emotions...

- are a natural human response as we process information and lived experiences.
- show up differently for different people based on our identities and experiences.
- are temporary and will shift and change with time.
- can be identified and understood.

Developing Skills

Strategies to Process Emotions

- 1. Increase awareness of your emotions and how they show up in your body and mind
- 2. Recognize when you are having an emotional response and identify the emotions present for you
- 3. Embrace these emotions, allow yourself to feel and accept that your emotions are currently present
- 4. Investigate what the trigger or cause of your emotions is
- 5. Create space to continue feeling your emotions AND think about what moving forward looks like

Strategies to Process Emotions

What am I feeling?

What caused these feelings?

What do I want to do about these feelings?

How can I process and understand these feelings?

What actions do my feelings call me to consider moving forward?

Strategies to Process Emotions

- You are not alone in this work: consider processing with someone and supporting their emotional experience as well
- This is ongoing work: the more you practice processing your emotions and listening to your mind and body, the more it becomes a habit
- Self care is a critical part of this work: taking care of yourself and your community can create a strong foundation for you to build upon

Discussion and Reflection

Discussion and Reflection Prompts

- What barriers exist that prevent you from acknowledging your emotions?
- What resources or support do you need to embrace and process your emotions?
- What action can you take to create new histories and impact the present and future?
- What emotions did you experience when viewing the Sifting and Reckoning Exhibit?
- What stories prompted you to have an emotional response? Why do you believe these stories impacted you? What actions do these emotions and stories motivate you to do?

Questions?

Thank you!

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