## What Does EDI Mean to You?

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EDI training and workshops can be useful ways to build foundational knowledge on the topics of equity, diversity and inclusion, learn theories and current practices, and better understand concepts such as bias, prejudice, discrimination, and privilege. While active participation in these learning opportunities is valuable, EDI is more than a course to complete in a classroom. EDI is a journey of personal growth. In this seminar, we will explore how an understanding of your own lived experience is a powerful way to connect with EDI concepts. We will discuss how real personal histories are often hidden, particularly in STEM fields, and replaced with highly idealized biographies that distort reality and set up an unhealthy definition of success. Diverse perspectives and lived experiences are superpowers that we all have and can use to create real systemic change.

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