



# MICROLEARNING - 10 MINUTES TO EXPAND YOUR KNOWLEDGE

## BLACK HISTORY MONTH

\*Disclaimer- topics of racial discrimination, rape and violence. Wellbeing support provided [here](#) \*

Black History Month is an annual celebration in October where we learn about the contributions the black community has made over the years in shaping the dynamic and diverse country we have today. As part of our Microlearning, we will first learn how Black History Month was introduced and how we can open new conversations that will better our knowledge in how we can be allies. We plan to delve into more interesting and intersectional topics in black history over the course of this month's microlearning.

Although Black History Month is in October, we hope to take this knowledge and use it in our everyday lives beyond this month, as recognising and celebrating our Black community is something we must do throughout the year.

### ARTICLES



- [Black History Month: What is it and why does it matter?](#) (4-minute read)
- [Black History Month Advent Calendar](#) (Daily 1 minute read)
- [Praise Song for the Day](#) (4-minute poem for Barack Obama's Presidential Inauguration)

Learn more about St Mary's inclusion efforts and become an active ally by joining our [Race Equality Charter](#) Team. To share your interest in joining or getting connected, please email [equalitycharters@stmarys.ac.uk](mailto:equalitycharters@stmarys.ac.uk).

St Mary's celebrates the rich diversity our community has to offer, encouraging everyone to celebrate their identity and to respect others. To make this possible, we must embrace our curiosity to learn about and celebrate our differences.

Thank you joining us in this week's Microlearning!

### VIDEOS



- [The Atlantic slave trade: What too few textbooks told you](#) - Anthony Hazard (6-minute video)
- [Post Traumatic Slave Syndrome. How Is It Different From PTSD?](#) | [AJ+ Opinion](#) (6-minute video) \**Top Pick of the Week*\*

### LONGER ACTIVITIES TO FURTHER EXPAND YOUR KNOWLEDGE



- [Black History Matters | Don John | TEDxSouthampton](#) (18-minute video)
- [The Mission to Safeguard Black History in the US | Julieanna L. Richardson | TED](#) (15-minute video)
- [Get comfortable with being uncomfortable](#) | [Luvvie Ajayi Jones](#) (11-minute video)
- [Knowing the Past Opens the Door to the Future: The Continuing Importance of Black History Month](#) (8-minute read)