

Listening Lessons

Today we are going to begin a series of Listening Lessons. As we looked at the steps to healing, we found we had been grieving over the violent suppression of people of color in our country, and we had looked inside ourselves to realize any of our own complicity in that suppression. The next step in healing was listening to people of color.

Today we will discuss how to truly listen to people expressing their anger and pain. We will watch a short video and discuss our reactions.

Over the next few weeks, the planning team will send you a number of other videos to watch and articles to read that focus on people of color telling their stories about their life in America.

Goal

To improve our ability to listen to people of color when they tell us their truths about their experience in America.

Class Assignments

- **Dr. Sabrina's tips for navigating conversations about racism.** Video (6:19 min), Fox 2 Detroit, Posted June 1, 2020. <https://www.fox2detroit.com/video/690152>
- **The Call to Listen More Deeply in Conversations about Race and Racism.** Advice & News | by Daniel B. Griffith, J.D., SPHR, SHRM-SCP, Friday, August 14, 2020 <https://www.higheredjobs.com/Articles/articleDisplay.cfm?ID=2384>
- **How to Listen: A Guide for White People.** By Andrea Hoban. Oji Life Lab, June 17, 2020. <https://ojilifelab.com/blog/how-to-listen-a-guide-for-white-people/>