

# Racial Anxiety\*

*Presented by: Jena Brodhead, Eastern Region President*

*Note: This workshop was offered in January 2025; if previously taken, not eligible for hours.*

**January 22, 2026 ♦ 6-7:30 p.m. ♦ Via Zoom**



As we see situations in classrooms with different stakeholder groups escalating quickly around social issues, it is becoming apparent that teachers are struggling as they are navigating these issues within their classrooms. To be more aware of how you are being equitable and adjusting your classroom to address implicit bias issues could become overwhelming to the point of causing racial anxiety. In addition, minority groups at the same time could be functioning with racial anxiety as they navigate the norms of systems. Using several articles to describe racial anxiety, we will lead a facilitated discussion around this topic to have people share their experiences to help navigate future experiences and feelings.

*Note: At least 4-5 days prior, participants will be emailed instructions for prep work that needs to be completed prior to the workshop; this time is figured into the hours.*

**\*Paraprofessionals**, if taking this workshop(s) for the hours, it is recommended that you obtain pre-approval from your employer to ensure the hours will be accepted.

**Members with teaching certificate**, if you provide your PPID #, you will receive 2 Act 48 hours for each workshop.

**Pre-registration is required by January 16.**

(Register online at [www.psea.org/er/rcpe](http://www.psea.org/er/rcpe) or email to [e-rqn@psea.org](mailto:e-rqn@psea.org))

No later than the Friday before your session, you will receive a confirmation email containing Zoom information for the workshop as well as an assignment to be completed prior to the workshop.

2-hour  
workshop