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BLACK HISTORY MONTH

NEWSLETTER OF THE SOCIAL JUSTICE COMMITTEE
IN THE DEPARTMENT OF PSYCHOLOGICAL SCIENCE

As February rolls in, it's time to celebrate the vibrant history and incredible contributions of African Americans and people of African descent!

Black History Month is an annual observance in the United States, Canada, and the United Kingdom to recognize and celebrate the achievements and contributions of African Americans and people of African descent to society and culture. The concept of having a month dedicated to Black history was first proposed by historian Carter G. Woodson in 1926, who chose the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass.

In 1976, the month of February was officially recognized as Black History Month in the United States. Today, it serves as an opportunity to honor the rich heritage, contributions, and achievements of Black individuals and communities, as well as the pivotal role Black individuals have played in shaping history, culture, and society.

Let's take this opportunity to recognize and celebrate the contributions of Black individuals, and reflect on the ongoing struggle for equality and justice.

In this newsletter, we have two amazing UNC Charlotte spotlights, campus events and resources, local and professional organizations, and a resource guide and book list related to Black History Month.



UNC CHARLOTTE SPOTLIGHTS

Jennifer B. Webb, Ph.D.

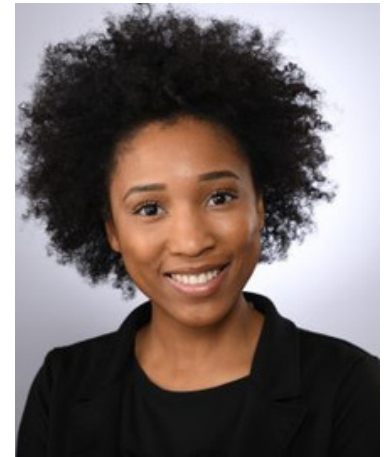
Jennifer B. Webb, Ph.D., RYT-200 is a clinical health psychologist and an Associate Professor in the Department of Psychological Science at UNC Charlotte where she directs the WE ARE MIND-BODY KYND Lab. She also serves as the Associate Director of Clinical Training for the Health Psychology Ph.D. Program. She received her undergraduate degree in Cognitive Neuroscience from Harvard University. She went on to complete her Ph.D. in clinical psychology at the University of Southern California and postdoctoral fellowship training in clinical health psychology at Duke Integrative Medicine. Dr. Webb's research program is informed by a non-dieting, weight-neutral philosophy on wellness equity promotion in culturally- and body-diverse groups. A particular emphasis is placed on enhancing the integration, dissemination, and accessibility of evidence-based mind-body approaches (e.g., yoga, intuitive movement, self-compassion, mindful and intuitive eating, mindful self-care, etc.) to strengthen embodied self-regulation, body liberation, and well-being among individuals during the developmental transitions of adolescence, emerging adulthood, pregnancy, and the postpartum. Dr. Webb also currently serves as an Associate Editor for *Body Image: An International Journal of Research*, an advisory board member for the Give Back Yoga Foundation, a community partner with the Yoga and Body Image Coalition, an academic advisory network member of the Embrace Collective, and is a former member of the Scientific Program Committee of the Symposium on Yoga Research. She and her husband Bruce are the proud parents of their awesome gaming master/anime aficionado son Logan and their zestful Goldendoodle Koda



Clysha Whitlow, M.A.

Clysha is a fourth-year doctoral student in the Community concentration of the Health Psychology Ph.D program at Charlotte. With two bachelor's degrees in Psychology and Rehabilitation Services from East Carolina University and a Master's in General Psychology from NC Central University, Clysha's academic journey has been marked by a commitment to helping marginalized communities and a passion for community-driven research. Her research interests lie in unraveling the structural and social determinants contributing to health inequities, with a focus on developing community-based participatory approaches to promote health and social justice.

Prior to her doctoral studies, Clysha gained valuable experience in community-based research aimed at enhancing health literacy and healthcare access in primarily Black communities through innovative methods such as theatre productions and community health partnerships. While in the program, Clysha has had the opportunity to collaborate with city and county departments, as well as community-based organizations, building their evaluation and organizational capacity, thereby fostering positive change within communities that need it most. Currently, Clysha's assistantship is at Renaissance West Community Initiative, a place-based initiative in Charlotte, where she lends her expertise to program data and evaluation efforts.



CAMPUS EVENTS



"How We Got Here" The Black Box Theater

Feb 15th- 18th



Computing for Social Good: Changing the World with Innovations in Technology

Feb 16th



Rest and Wake Up: Your Fullest Power and Potential

Feb 19th



Legacies of Empowerment: Lineages of Justice

Feb 28th

CLICK THE LINK FOR MORE INFORMATION AND CAMPUS EVENTS FOR THE
[BLACK HISTORY MONTH](#)

CAMPUS RESOURCES

THE AFRICAN AND AFRICAN-AMERICAN FACULTY/STAFF CAUCUS

The UNC Charlotte African and African American Caucus is an organization that helps facilitate, influence and provide guidance for educational, administrative and personnel policies that affect the welfare of the African- American & African community of UNCC.

<https://aafsc.charlotte.edu/>



The Black Student Union at the University of North Carolina at Charlotte is dedicated to needs, concerns, and progress of the black population of the University community.

<https://ninerengage.charlotte.edu/organization/black-student-union>

LOCAL EVENTS & ORGANIZATIONS



Harvey B. Gantt Center
for African-American Arts+Culture

Check out the exceptional exhibitions and events that celebrate the African-American story at the Harvey B. Gantt Center!



Charlotte Mecklenburg Library is hosting several events, including author meetups.

The Charlotte Observer

Where can I find Black History Month events in Charlotte NC?

PROFESSIONAL ORGANIZATION



The Association of Black Psychologists

The Association of Black Psychologists sees its mission and destiny as the liberation of the African Mind, empowerment of the African Character, and enlivenment and illumination of the African Spirit.

Benefits of being an ABPsi Member

Registration is open for the 55th Annual Convention of the International Association of Black Psychologists, Inc
July 17-20, 2024 | Phoenix, AZ

RECOMMENDATIONS

African Americans and the Arts

The Black History Month 2024 theme is “**African Americans and the Arts**”. Here is a list from the National Gallery of Art on **16 Black Artists to Know**.



Alma Thomas, *Tiptoe Through the Tulips*, 1969, acrylic on canvas, Corcoran Collection (Gift of Vincent Melzac), 2015.19.145



Sylvia Snowden, *Mamie Harrington*, 1985, acrylic and oil pastel on Masonite, Corcoran Collection (The Evans-Tibbs Collection, Gift of Thurlow Evans Tibbs, Jr.), 2015.19.210

Resource Guide:



Check this [resource guide for educators and families](#) from the Center for Racial Justice in Education. You can also sign up to receive free educational resources.

Book List:

Here is a [list of North Carolina Black history books](#) for children and adults. These are books that address Black history and culture, and also have a connection to North Carolina — either in subject matter, or through the author or illustrator.

