

Virtual SPA DAY

Self-care. Perseverance. Awareness: Deliberately Affirming Yourself

Saturday, September 26th | 10:00 AM-2:00 PM (PT)



Virtual SPA DAY is a Saturday event to promote health, wellness, and provide a virtual community for Black doctoral women in STEM.

SPA DAY brings together researchers and therapists who will discuss and provide coping strategies for three phenomena:

- Strong Black Woman: Expectations and pressure of managing multiple roles
- Stereotype Threat: Being at risk of confirming a negative stereotype about one's social group
- Imposter Syndrome: Feelings of inadequacy that persist despite evident success

Registration Deadline: Friday, September 18th
(or until spots are filled)

Registration Link: <https://tinyurl.com/2020SPADAY>

Guest Speakers



Dr. J. Yasmine Butler
Assistant Professor
Sam Houston State University
& University of Cincinnati



Dr. Cheryl Giscombe
School of Nursing
The University of North Carolina at
Chapel Hill



Dr. Ameena Kemavor
Senior Director Student Support and Advocacy
Columbus State Community College

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Learn more about The Niela Project: <https://sites.uci.edu/TheNielaProject>