



Webinar Title: *Emotional Wellbeing of Students of Color During Transitions*

Webinar Description:

Transitions in life can be exciting and full of promise, such as the transitions from high school to college and from college to the workplace. Along with this excitement, life transitions can come with the need to adjust to new people and settings, which can cause stress and challenge wellbeing for students of color, in particular. In addition, parents and families struggle with understanding how to cope and how to support their students throughout the process. Dr. David Rivera, from the Steve Fund, will address transitions and related wellbeing issues that people of color are likely to experience in educational and workplace settings, and share practical tips for addressing stress and optimizing wellbeing during the transition process. He will also present information that can help parents and families cope and contribute to maintaining physical and emotional well-being. Questions and discussion are welcome.

About the Presenter:

Dr. David P. Rivera is an associate professor of counselor education at Queens College-City University of New York and an advisor to The Steve Fund. He holds degrees from Teachers College-Columbia University, Johns Hopkins University, and the University of Wyoming. A counseling psychologist by training, his professional experience includes college counseling and higher education administration. Dr. Rivera has worked at a variety of institutions, including the University of Pennsylvania, Georgetown University, the New School University, the Jack Kent Cooke Foundation, and the Addiction Institute of New York. His research focuses on cultural competency development and issues impacting the marginalization and wellbeing of low-income/first-generation college students, people of color, and oppressed sexual orientation and gender identity groups, with a focus on intersectionality and microaggressions. His work has been published in top journals and his co-edited book, *Microaggression Theory: Influence and Implications*, was released October 2018. Dr. Rivera is director of the City University of New York's LGBTQI Student Leadership Program, faculty with the Council for Opportunity in Education, board member of CLAGS: Center for LGBTQ Studies, on the American Psychological Association's Committee for Sexual Orientation and Gender Diversity, and on EVERFI's Diversity, Equity, and Inclusion Advisory Board. He has received multiple recognitions for his work from the American Psychological Association, the American College Counseling Association, and the American College Personnel Association.