

# The trinity-of-ness for humane digital

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David White – Head of Digital Learning - @daveowhite  
Teaching and Learning Exchange

# Five Ways to Wellbeing

Five simple steps that are known to improve mental health and wellbeing

1. Connect

2. Be active

3. Take notice

4. Keep learning

5. Give



Looking for support?

Call the information service  
on 01865 247788 or visit  
[www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk)

Oxfordshire

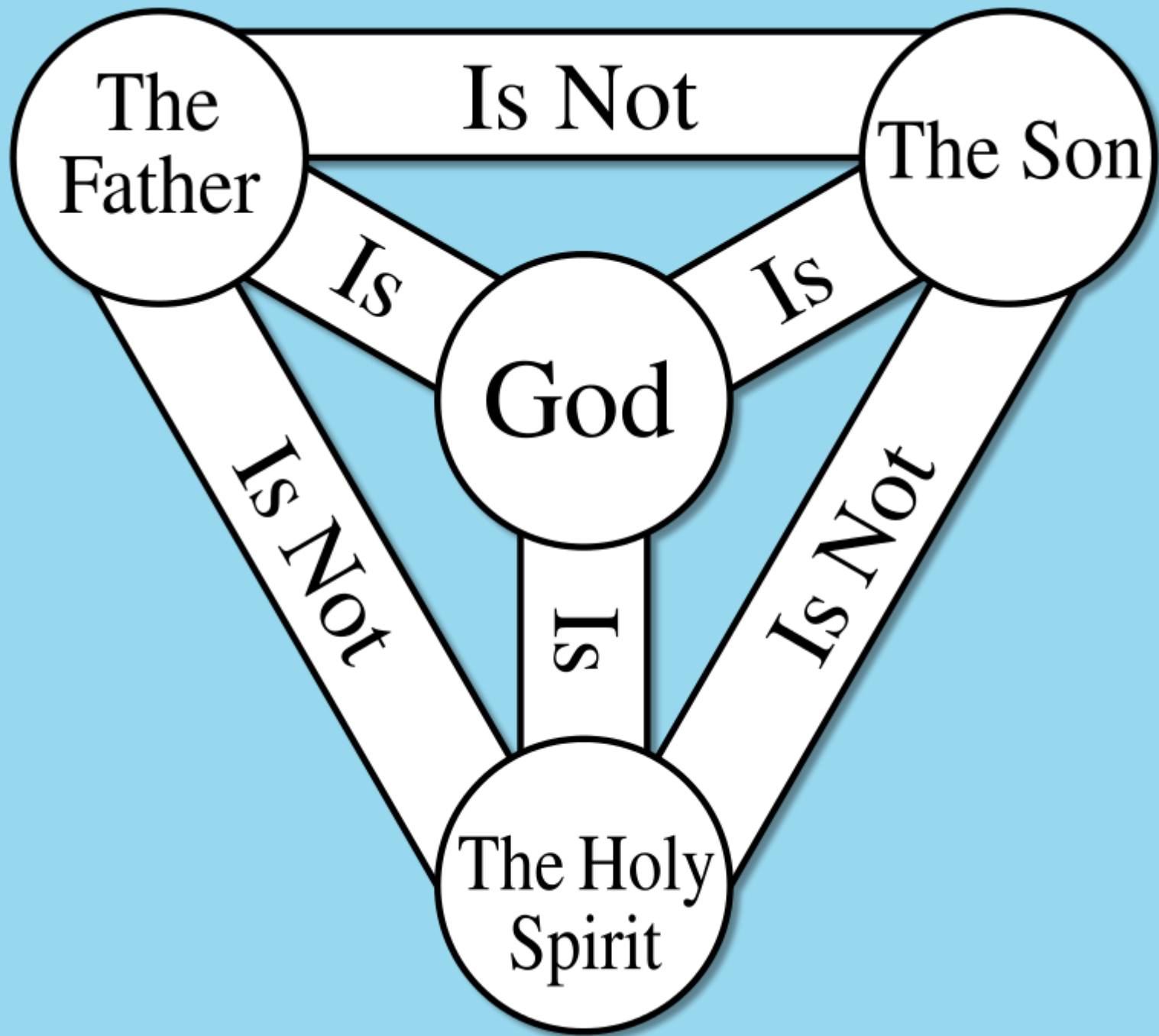


**Connected-ness**

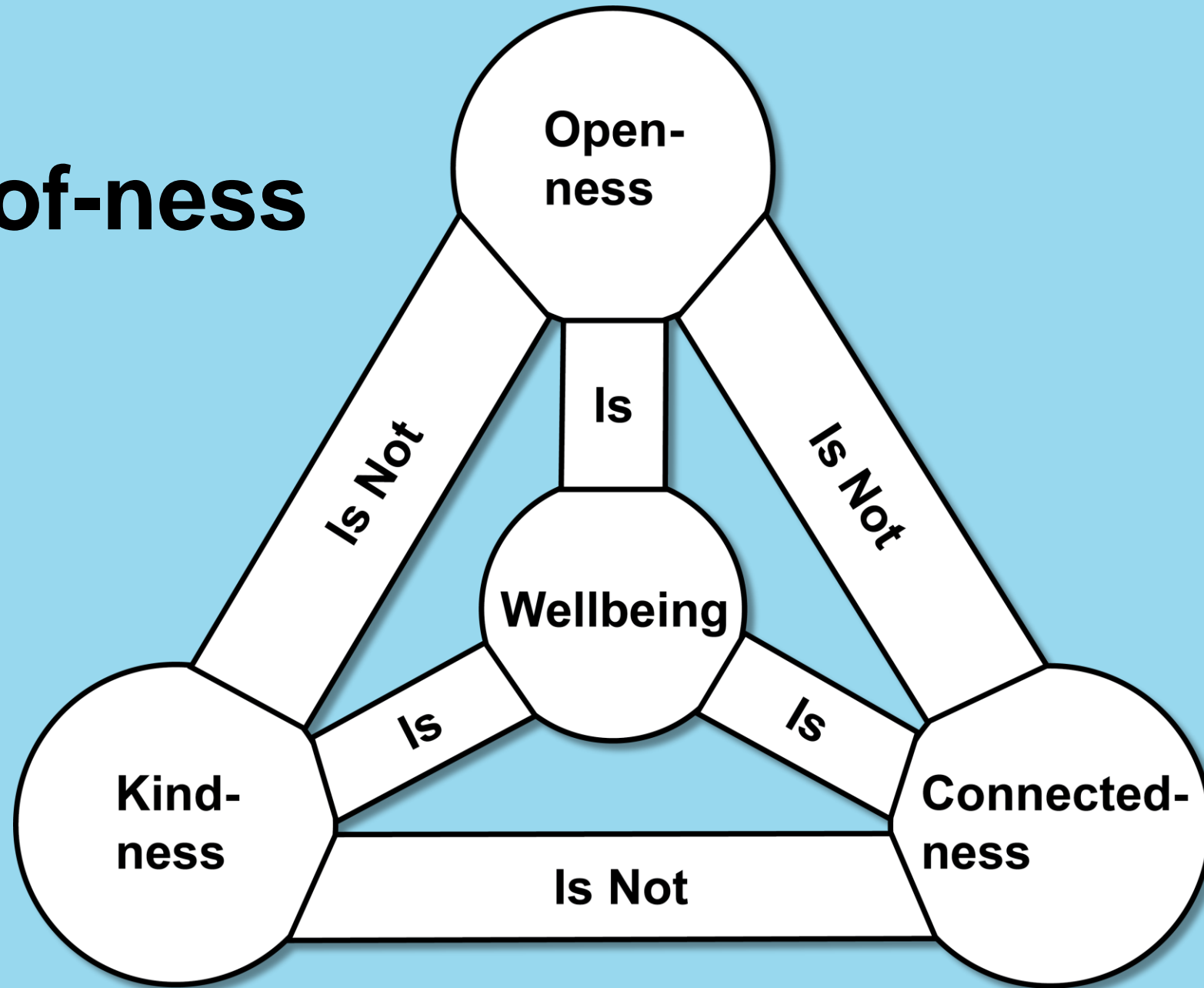
**Open-ness**

**Kind-ness**

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# Online trinity-of-ness



navigating social class norms  
academic snobbery  
yup, rankism  
ageism  
ageism  
social snobbery - not fitting in  
Being a working class academic is tricky  
talking with academic staff  
academic conferences  
sometimes feel excluded from conversations about inclusion  
not having a PhD  
Brexit ;)  
in the staff team  
Staff meetings  
seeing education as 'social mobility'  
academic  
being the exotic foreigner  
Not a full academic  
teaching sessions as socio-political creative collective  
academia is hella classist ✓

# Where have you seen (or felt) exclusion?

Unconscious Bias everywhere, at job interviews  
In all previous roles I have ever done  
being picked last for sports  
sometimes i am not  
first generation student  
when I only barely spoke the local language  
"the academy" ✓  
age  
i get excluded but  
technologically  
job sectors  
difficulties  
Imposter syndrom  
self-exclusion ✓  
Male dominated fields: STEM  
committee work ✓  
professional vs academic  
eating lunch  
institutionally witnessing how students at "not prestigious" institutions are treated  
Multi-campus institution, us being "the other"  
social differences  
academic committees  
STEM! ?  
disciplinary fields and cultures  
Being jack of all trades and not the specialist  
being the designated diversity  
I'm a white middle aged male and rarely excluded  
Women only events  
in 1986 I was refused a basic job in west berlin because I wasn't German (I am white English)

**Thanks**

**@daveowhite**

**daveowhite.com**