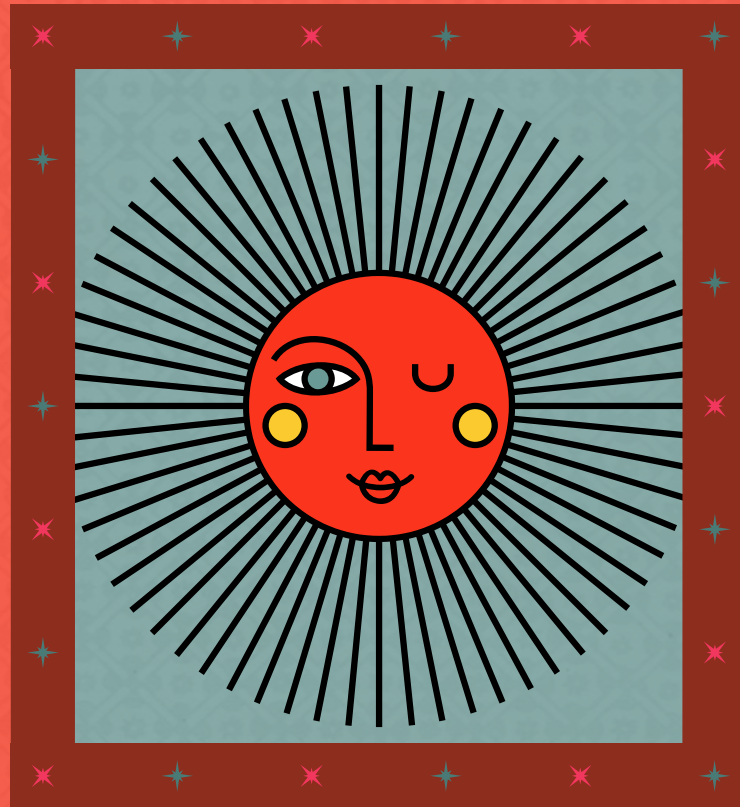


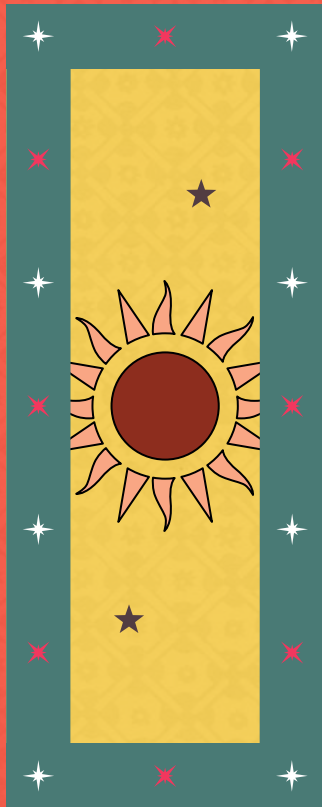
Practice Lab



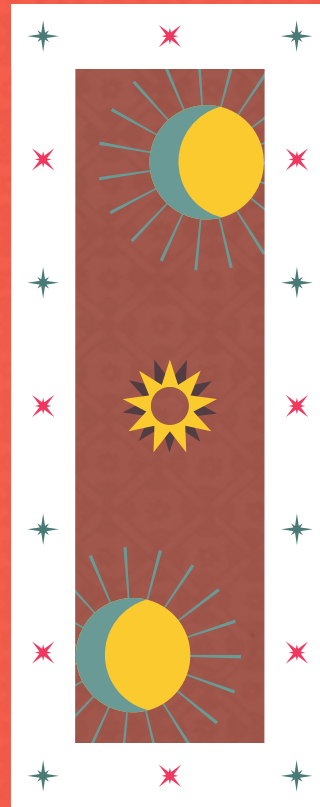
Final Reflection

Colleen Sullivan





Practice Lab was a transformative experience for me. I learned from everyone in our class, and that learning extended from my academic life into my personal life, changing the ways in which I consciously consumed media - who I chose to learn from, what topics I delved deeper into, and the ways in which I analyzed the sources of the media I was consuming. Who was writing the content, what was their positionality, what company did they work for and what did that company want out of the dissemination of information? What group did that message put into a position of power, what system did that information uphold? I started following my peers from Practice Lab on various social media platforms, mostly Twitter and Instagram, and then actively seeking to follow the voices that they learned from. I wanted to immerse myself in a new way of thinking, absorbing from my peers & their networks in a way that would continue my learning + growth long past the culmination of our Practice Lab course. I went through my Twitter feed, my main source of discourse online, and watched how it slowly evolved as I immersed myself more deeply into Practice Lab and the lives of that friends I made from it over the year. I wanted to include a glimpse into some the learnings that I was lucky enough to absorb over the fall and spring semesters, as seen through my Twitter feed. I have included only works that my Practice Lab peers connected me to through, and I hope to illuminate some of the ways in which my consciousness has changed because of them. I am so grateful for this class.



Professor Diana Melendez
& The Practice Lab Cohort, 2020-2021



NEVER HAVING HEARD OF DECOLONIZATION



***LEARNING THAT EVERYTHING I KNOW IS TAUGHT FROM THE PERSPECTIVE OF THE OPPRESSOR,
DECONSTRUCTING MY ENTIRE UNDERGRADUATE EXPERIENCE/LEARNINGS, FINALLY GETTING THAT
MY LIFE HAS BEEN ENTIRELY SHAPED BY MY PRIVILEGE AND THE SYSTEMS DESIGNED TO UPHOLD IT***

KIND OF CELEBRATING 4TH OF JULY AND THINKING THAT THE DEMOCRATIC PARTY WAS INHERENTLY GOOD



#SaveSheikhJarrah #YemenCantWait

@telushk

America is a slave colony. Africans were never meant to be equal participants. Every measure of freedom we have was a political defeat for the state. Containing and controlling an increasingly liberated population of former property has always been a national security priority.

9:43 AM · Aug 24, 2020 · Twitter for iPhone

REALIZING THAT AMERICA IS A COUNTRY BUILT ON COLONIALISM, CAPITALISM, WAR, GENOCIDE, AND SLAVERY. THE DEMOCRATIC PARTY UPHOLDS THE SAME PRINCIPLES.



Democratic Legislative Campaign Committee ✓
@DLCC

"I want to turn around and help recruit the first Indigenous woman, the first Black woman. Many other firsts and seconds and onward so that we can have a robust conversation and no one is seen as monolithic."

[@KeshaRam](#)



Kesha Ram becomes first woman of color in Vermont Senate: Here's what to ...
Kesha Ram just became the first woman of color elected to Vermont's Senate. Here's what to know about the longtime politician.
[burlingtonfreepress.com](#)

7:35 PM · Nov 10, 2020 · Sprout Social

REALIZING WE'RE FUCKED



Tim Robbins (not the actor)

@timothydrobbins

How it started:

How it's going:

federal minimum wage 2009

All



News



Shopping

About 42,700,000 results (0.46 seconds)

\$7.25 per hour

The federal minimum wage was

federal minimum wage 2020

All



News



Images

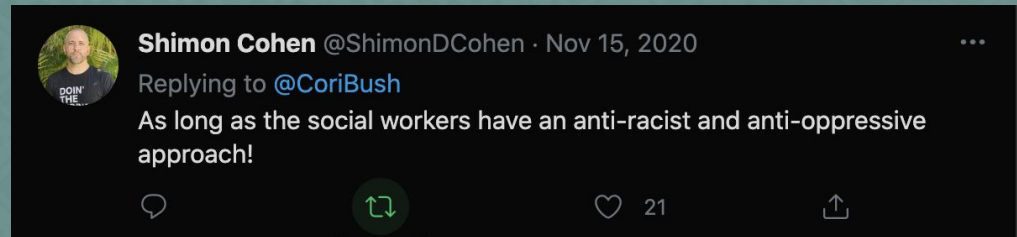
About 49,500,000 results (0.61 s)

\$7.25 per hour

What is the 2020 federal r

REALIZING THIS IS A TOOL TO OPPRESS, ENSURE THAT THERE WILL ALWAYS BE A LABORING CLASS, AND THAT INCREASING THE MINIMUM WAGE WOULD HELP ACHIEVE RACIAL WAGE JUSTICE WHICH IS WHY MANY PEOPLE DON'T WANT TO DO IT

THINKING THAT ALL SOCIAL WORK IS GOOD AND THAT WE WILL HELP PEOPLE



REALIZING THAT SOCIAL WORK IS OFTEN EXTREMELY PROBLEMATIC, CAN HURT MARGINALIZED COMMUNITIES, AND CAN DO SERIOUS HARM - MOSTLY INFLICTED BY THE WHITE WOMEN (ME) WHO "WANT TO HELP" IN THE FIELD

REFORM



abolish the carceral state @emma_hoch · Dec 10, 2020

If you're upset tonight by the murder of [#BrandonBernard](#), keep this energy for those sentenced to life without parole, which is simply death by incarceration.

Please let this radicalize you.

[#AbolishTheDeathPenalty](#) [#AbolishPrisons](#)



Fiona Applebum says Block Shaun King 🍏 @Wri... · Dec 10, 2020

It can't be "abolish the death penalty" but not "abolish prisons." It's still the death penalty when a person is deprived of food, when a person is violently beaten by guards or fellow inmates, or when someone is deprived of healthcare all of which happens in prisons.



Michael Kofi A. 🇬🇭
@MikeKofiA

My bro in Georgia is in prison on a weed charge working for 12 cents an hour. Slavery didn't go anywhere

2:59 PM · Feb 15, 2021 · Twitter Web App

ABOLISH



correna @itscorrena · Mar 13



reading We Do This Til We Free Us and i am astounded to read the sentence "About 70% of prisoners in California are former foster care youth".

i had to read it three times to be sure i'd read it correctly.



Breya M. Johnson @TheBlackLayers · Dec 10, 2020



"No one enters violence the first time by committing it." — Mariame Kaba



Breya M. Johnson @TheBlackLayers · Dec 10, 2020

Someone made a great point about how many of the people on death row were abused as children. Prison is used to disappear the children we never protected.

ABOLISH, BUT LOUDER

***NOT THINKING ABOUT DISRUPTING ANY TYPE OF SYSTEMS, GOING INTO MY MSW PROGRAM
THINKING I'LL PROBABLY JUST GET A JOB AND QUIETLY WORK IN IT FOR THE REST OF MY LIFE***



Durrell Malik Washington Sr., MSW

@builtfoesuccess



**We can't continue to teach our social work students
about the different ways social workers have shown up
and disrupted oppressive systems without equipping
them with the tools to become system disrupters
themselves**

12:01 AM · Jan 12, 2021 · Twitter for iPhone

***REALIZING THAT IT IS MY DUTY (IN TERMS OF POSITIONALITY) TO DISRUPT SYSTEMS OF OPPRESSION THAT I ENCOUNTER, FIRST ASKING PERMISSION
FROM THOSE WHO I AM ADVOCATING FOR BEFORE I FIGHT, AND THEN GIVING IT MY ALL TO DISMANTLE STRUCTURAL INJUSTICE***

NOT ACTIVELY THINKING ABOUT THE LANGUAGE THAT I USE IN DAILY LIFE



Lawrence Bartley @lawbartley · Apr 12

Everyone, whether they are imprisoned or not, is a person. Words like "inmate," "prisoner," "convict," "felon" and "offender" are like brands. They reduce human beings to their crimes and cages

LEARNING THAT LANGUAGE IS EVERYTHING. REALIZING I MUST BE CONSCIOUS OF IDENTITIES. I CAN NOT USE OPPRESSIVE, HARMFUL LANGUAGE. I MUST ASK PEOPLE HOW THEY IDENTIFY AND CARE DEEPLY ABOUT ALWAYS ADDRESSING THEM CORRECTLY



jeong sun-bee

@lilsunbee

Replying to @lilsunbee

ultimately tho, if cis people see me as a cis asian woman but still care enough to use my pronouns correctly, they are beginning to flex the muscle of decolonizing their concept of gender

language precedes how to u perceive others & the world

8:12 PM · Mar 26, 2021 · Twitter for iPhone



jeong sun-bee @lilsunbee · Mar 26

Replying to @lilsunbee

ex. if you alter your language to call land by their indigenous names and refer to their colonized titles as "so-called {colonized city name}" even before u can fully conceptualize what it means to occupy stolen land, u are still learning to decolonize with intention



1



2



jeong sun-bee @lilsunbee · Mar 26

using the language of liberation and abandoning that of colonization shifts our imagination of what's possible

we are prefiguring a future free of false scarcity & false binaries



1



2





**I STILL HAVE SO MUCH TO LEARN. I COMMIT TO
CONTINUING THE JOURNEY. THANK YOU,
PROFESSOR MELENDEZ, FOR GIVING ME THE
TOOLS TO BEGIN, THE SPACE TO GROW, AND
FOR CULTIVATING A COHORT OF SUPPORT. YOU
HAVE CHANGED US ALL.**