



## FEATURED FACULTY LECTURES

Saturday Sept. 28 | 10:45 – 11:30am | Various Locations

### **Authentic Excellence 201**

**Presented by Dr. Kelly Crace representing Health & Wellness**

*ISC 1127*

During Parent & Family Orientation, a concept was introduced that distinguished fear-based excellence from authentic excellence. This session will explore this concept at a deeper level and describe a training program intended to develop flourishing and resilience. It will also examine the six paradigm shifts necessary for effectively managing fear of failure. For those who didn't attend the introductory session at Orientation, a brief review will be provided at the beginning.

Presented by Dr. Kelly Crace, Associate Vice President for Health & Wellness and Director of the Center for Mindfulness & Authentic Excellence (CMAX).

### **Keeping Public Space Free in the Age of Repression: Anti-War Street and Protest Animation Art in Russia**

Presented by Dr. Elena Prokhorova and Dr. Alexander Prokhorov representing Arts & Sciences

*Tucker 127A*

Since 2014, Russian government media have tried to control the production and consumption of information related to the Russo-Ukrainian war. Multiple laws have been adopted to give monopoly to the repressive state on who and how should interpret the ongoing aggression. In our talk we examine two forms of visual art of protest anonymous street and Oleg Kuvaev's flesh animation series Masiania.

### **Shaping a new future for coastal ecosystems and societies through oyster (and oyster disease) science**

Presented by Dr. Ryan Carnegie representing the Virginia Institute of Marine Science (VIMS)

*McGlothlin Street 20*

Our relationship with the humble oyster is like nothing else in our societal engagement with coastal ecosystems. The oyster has sustained coastal societies for millennia, nutritionally and in the myriad ecosystem services it provides. With coastal growth and industrialization beginning in the 1800s, oysters supported not only diets but economies and the physical development of infrastructure like roads. The overharvesting that resulted, along with emergence of two major oyster diseases, devastated these once great resources, to the detriment of both the environments and human communities dependent on them.

Once written off as a lost cause, oysters are experiencing a renaissance: thriving in the wild in a way they have not in decades, and supporting vibrant aquaculture industries throughout the region. Foundational to these developments has been a surprising adaptation to the diseases by the oysters—but also, critically, the recognition that this has been occurring through long-term research at VIMS/W&M, and

the effective translation of scientific insights into management and policy. This presentation will highlight the remarkable evolution of our interactions with this key resource species and of our understanding of how oyster populations “work”, as well as the directions that research by VIMS/W&M scientists and student researchers will be taking in the future to ensure the oyster continues its recovery.

### **Combating Toxic Stress: A Tale of Two Tigers**

Presented by Dr. Leandra Paris representing the School of Education  
*Andrews 101*

Daily, intense stressors are often considered normal hassles of life. Yet these stressors build and compound each other, leading to experiences of toxic stress. Toxic stress, over time, can cause symptoms similar to traumatic stress. However, these symptoms are often overlooked or mismanaged given they are not associated with a single, acute trauma. This lecture will provide a trauma-informed framework for tackling toxic stress coupled with a healing-centered approach to promoting wellness and stress management. Using hands-on activities, attendees will learn strategies for recognizing physical and cognitive signs of toxic stress. Further, strategies for addressing these symptoms and preventing daily stressors from having lasting detrimental impacts will be discussed and demonstrated. The lecture will also provide a socially just approach to creating safe spaces which help to further alleviate and mitigate toxic stress.

### **Wisdom: what is it, why do we need it, and how to become wiser**

Presented by Dr. Michael Luchs representing the Mason School of Business  
*Small 110*

According to recent research, there is a weak or non-existent relationship between age and wisdom. Fortunately, wisdom is highly learnable, and especially relevant for young adults. This session will begin with an overview of the concept of wisdom. From the ancient Greek philosophers through to recent psychological research on wisdom, we will explore what wisdom is, how it can be measured, and how we can each become wiser. Finally, we will explore the domain-specificity of wisdom by focusing on a critical but underappreciated type of wisdom: Consumer Wisdom. To learn a little about Dr. Luchs’ research before the lecture, visit his website: [www.professorluchs.com](http://www.professorluchs.com)