

## Faculti Summary

<https://staging.faculti.net/the-compounding-impact-of-racial-microaggressions/>

This video discusses the concept of racial microaggressions, which are subtle, often unintentional forms of racism that express negative messages towards people of color. The discussion stems from an interview study conducted with 15 African American college students at predominantly white institutions (PWIs), using critical race theory (CRT) to investigate how microaggressions affect their feelings of belonging and coping mechanisms.

The study highlights that racial microaggressions are not minor and can have significant emotional and physical impacts on individuals. It emphasizes the historical context of education institutions as predominantly white spaces, resulting in unique struggles for students of color. The findings reveal that participants experienced various forms of microaggressions that led to feelings of isolation and harm.

Students employed various coping strategies in response to these experiences, including avoidance and seeking support through journaling or therapy. This video underscores that racial microaggressions can exacerbate the stress of attending college and that they intersect with broader systemic issues of racism.

The implications call for institutional changes, including the need for more supportive environments, accountability for microaggressions, and serious consideration of systemic racism in policies. Future research is recommended to focus on the victims of microaggressions, explore intersections with other forms of oppression, and enhance understanding of coping strategies for African American students. Overall, addressing racial microaggressions is imperative for fostering a sense of belonging and ensuring the wellbeing of students of color in educational contexts.