

From Best-Selling Author
CIA VERSCHULDEN

Bestseller

Bandwidth Recovery

Helping Students Reclaim Cognitive Resources Lost to Poverty, Racism, and Social Marginalization


Cia Verschelden

Foreword by Lynn Pasquerella

“Although other researchers have explored the debilitating effects of racism and poverty on college students’ ability to succeed, Cia Verschelden’s novel perspective invigorates this discussion first by uniquely employing the technological analogy of bandwidth, to make the multiple consequences of cognitive deprivation more vividly understandable than other analyses of

these issues. She then infuses her book with numerous practical interventions—from ‘Neurobic’ mental exercises to using Pecha Kucha in the classroom—that readers can use to enhance cognitive ability and academic aptitude of their own students.”—MICHAEL J. CUYJET, EdD Professor Emeritus, University of Louisville

This book argues that the cognitive resources for learning of over half our young people have been diminished by the negative effects of economic insecurity, discrimination and hostility against non-majority groups based on race, ethnicity, sexual orientation, or gender identity, and other aspects of difference. Recognizing that these students are no different than their peers in terms of cognitive capacity, this book offers a set of strategies and interventions to rebuild the available cognitive resources necessary to succeed in college and reach their full potential.

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