

From Best-Selling Author  
**CIA VERSCHULDEN**

## **Bandwidth Recovery For Schools**

*Helping Pre-K-12 Students Regain  
Cognitive Resources Lost to  
Poverty, Trauma, Racism, and  
other Social Marginalization*

**Cia Verschelden**

Foreword by Kofi Lomotey

“To solve a problem, you need to ask the right questions. In *Bandwidth Recovery for Schools*, Cia Verschelden is asking the right questions about the impact of poverty, trauma, racism and social marginalization on school children, their families, and their teachers. Most importantly, she is providing much-needed answers that can help students thrive even when facing adversity. Every educator should read this book!”

—**BEVERLY DANIEL TATUM, Ph.D.**, Author, *Why Are All the Black Kids Sitting Together in the Cafeteria?* and *Other Conversations about Race*

**A**re students coming to your class lacking focus, having difficulty connecting with you and their peers, falling behind, or acting out when you instinctively feel they could do better? Do you sometimes feel like you don't have the capacity as a teacher or school leader to give students the support they need to learn and thrive?

This book makes the case that societal realities—such as poverty, racism, and social marginalization—result in depleted cognitive resources for students and for those who are trying to help them succeed.

Each of us has a finite amount of mental bandwidth, the cognitive resources that are available for learning, development, work, taking care of ourselves and our families, and everything else we have to do. These “attentional resources” are not about how smart we are but about how much of our brain power is available to us for the task at hand. When bandwidth is taken up by the stress of persistent economic insecurity or the negative experiences of racism, classism, homophobia, religious intolerance, sexism, ableism, etc., there is less available for learning and growth. This is as true for young children and youth as for their parents and teachers.

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