

The background of the entire cover is a lush watercolor illustration of several large pink flowers with prominent yellow-orange centers and numerous stamens. The flowers are surrounded by large, detailed green leaves with visible veins. The overall style is soft and artistic, with a light green background peeking through the foliage.

My academic pathway

— ♦ —
A PLANNER FOR
SCHOLARS

EVELYN VÁZQUEZ, PHD., M.S.

The Power and Privilege Wheel

The mental health and emotional well-being of historically marginalized communities are deeply influenced by group-based privileges or oppressions associated with social identities, such as race, ethnicity, gender, and socioeconomic status.

Before starting your planner, take a moment to reflect on your positionality, or the “location for the construction of meaning” (Alcoff, 1988, p. 434). Positionality refers to the unique social and cultural identities each person holds—such as gender, race, and social class—that shape our perspectives and interactions. These intersecting identities influence how we understand knowledge and engage in relationships, learning, and research. As scholars, our identities are fluid, adapting to various contexts, illustrating how positionality is dynamic and continuously redefined (Alcoff, 1988).

As shown in Figure 1, identities with greater privilege are positioned closer to the center of the wheel, while marginalized identities are positioned along the outer edge.

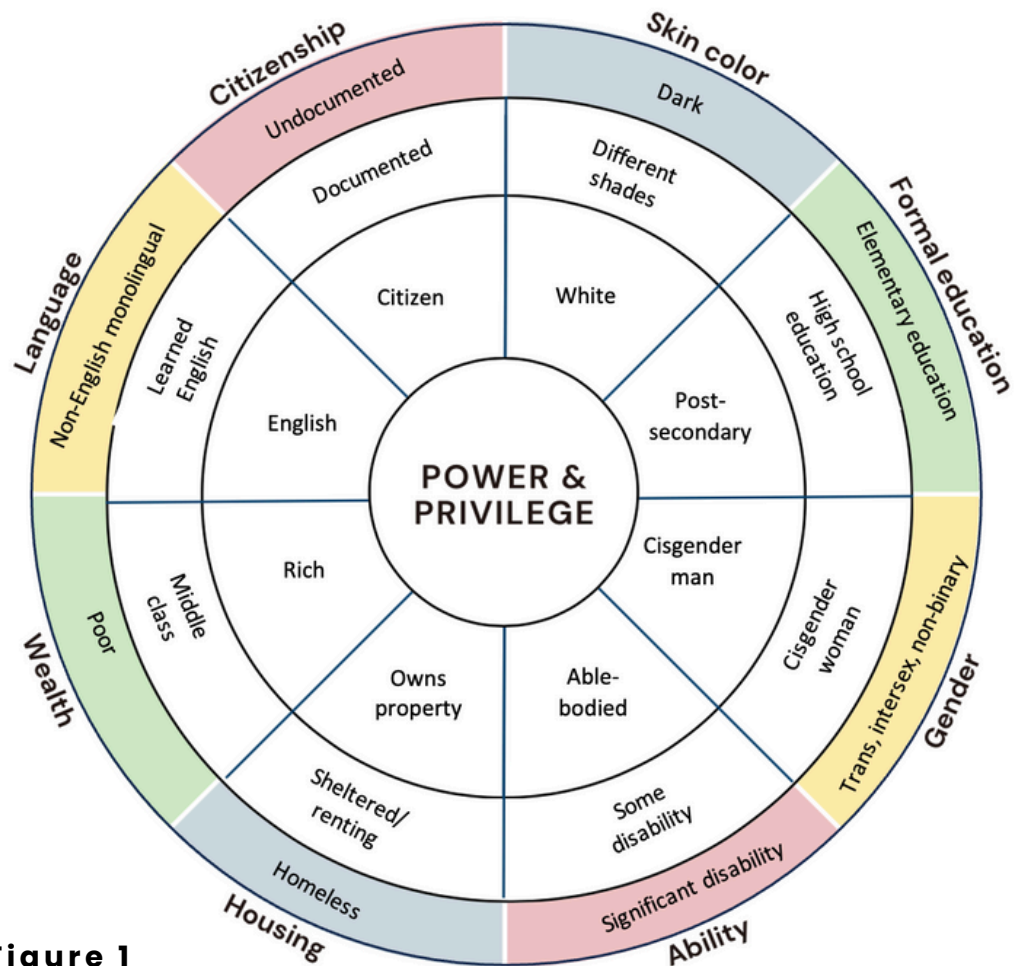


Figure 1

Figure 1. Created by Evelyn Vázquez, Ph.D., M.S. for the Healing the Academy Project. 2024. Adapted from the Canadian Council for Refugees (CCR), ccrweb.ca. Alcoff, L. (1988). Cultural feminism versus post-structuralism: The identity crisis in feminist theory. *Signs: Journal of women in culture and society*, 13(3), 405-436.

Reflecting on Your Social Identities and Positionality

To complete the Power & Privilege Wheel, start by identifying and marking your group-based identities across each category. This exercise helps create a visual map of how your intersecting roles and identities influence your experiences of privilege or marginalization in higher education. It is designed not to view you from a deficit perspective, but to highlight the structural factors that may impact your mental health and academic journey.

Note: The provided wheel is an example; feel free to add any additional categories that are meaningful to you or that resonate with your own lived experiences.

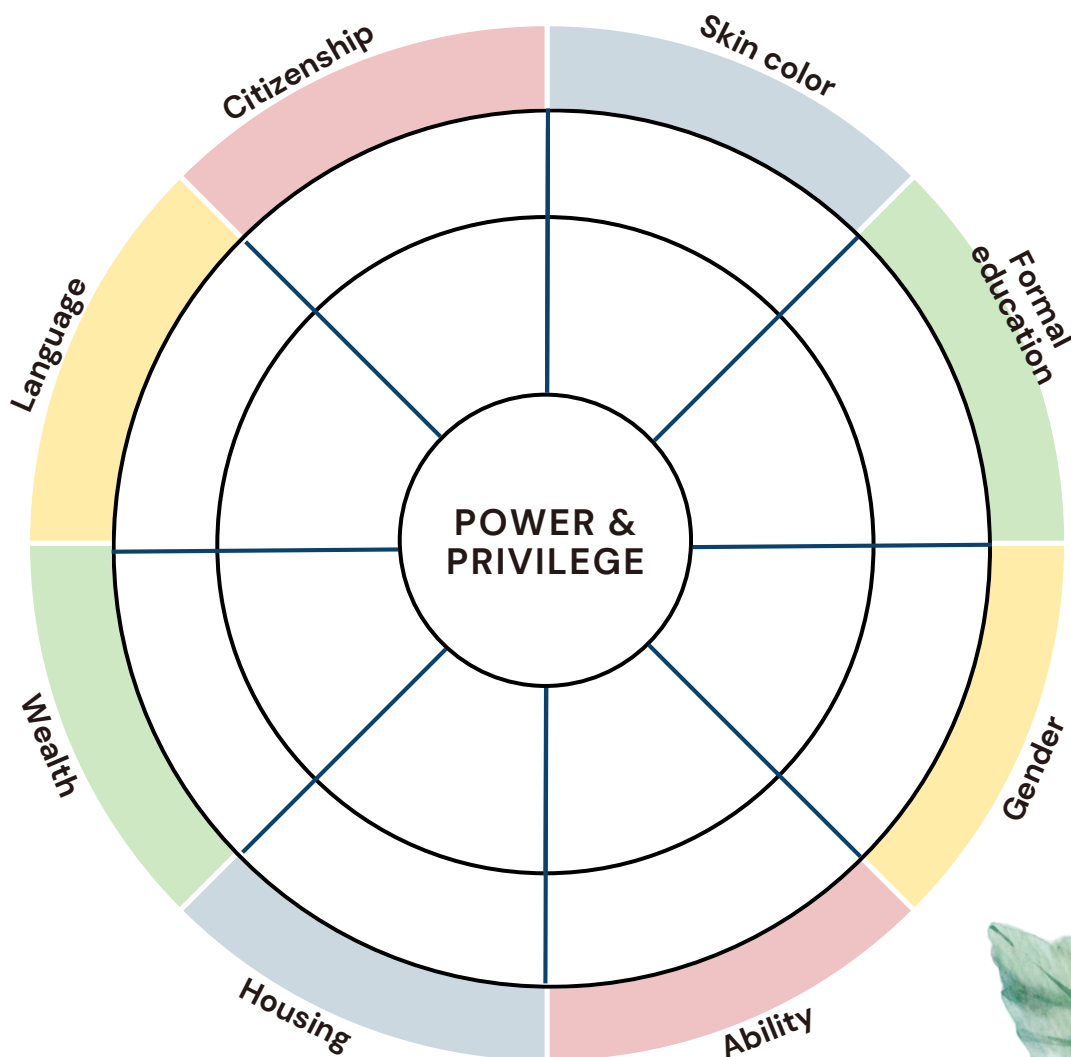


Figure 1





Intentionality

After you complete the Power & Privilege wheel, reflect on your roles or identities that are marginalized (for instance, being a first generation college student and a person of color from a low-income background).

- How are these identities informing your academic motivations, challenges, and professional dreams?

Do the same for your roles or identities that bring privilege or power to yourself (for instance, being a heterosexual cisgender person, a citizen, a college or graduate student).

- From your perspective, how can you leverage your privilege to center the lived experiences, voices, and perspectives of marginalized communities in higher education?

Asset-based academic development

Which are your cultural assets that help you to achieve your goals?

What do you want to accomplish in your academic/professional life in the next year?





Goals and Priorities

Use this space to set intentions that support a balanced life, including actions to strengthen your health, enhance well-being, and sustain meaningful connections with your support network. In the box labeled Academic & Professional Development, outline specific goals related to your growth and achievements in academia and your career. **This combination will help you approach your journey with a holistic and intentional perspective.**

Health & Well-being

Family

Personal
life

Friends & Community

Financial freedom

Academic Professional Development



Daily Self-Care Checklist

Use this section to track your daily self-care habits, reflecting on your mental and physical well-being to foster a balanced and mindful routine.

DATE: _____

THOUGHTS

MOTIVATIONS & HOPES

EMOTIONS

SELF-CARE ACTIVITY:

WEATHER



QUALITY OF SLEEP



MOOD TODAY



EAT MINDFULLY



WATER



PHYSICAL ACTIVITY

Walk
outside

Yoga

Gym

Other



Weekly Mental & Emotional Wellness Tracker

DATE: _____

Activity	s	m	t	w	t	f	s
• Prioritize yourself, your health, and emotional well-being	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Communicate with loved ones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Take restorative breaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Eat mindfully & stay hydrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Improve your sleep hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Do things you enjoy (e.g., listen to your favorite music)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Attend professional counseling sessions or therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Improve physical activity (e.g., exercise "snacks")	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Meet with loved ones & friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reflections about the week:





Weekly Priorities & Goals

DATE: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

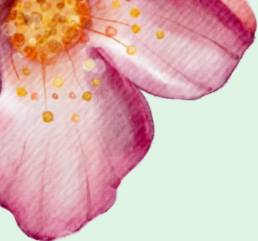
SATURDAY

SUNDAY

GOALS ACHIEVED

**PRIORITIES FOR
NEXT WEEK**





Weekly Meal Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHOPPING LIST

SATURDAY

SUNDAY

Notes



Monthly Financial Planner

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MONTH

YEAR: _ _ _ _ _

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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INCOME

Date	Source	Amount
Total:		

Notes

FIXED EXPENSES

Date	Source	Amount
Total:		

VARIABLE EXPENSES

Date	Source	Amount
Total:		

DEBTS

Date	Source	Amount
Total:		

SUMMARY

Source	Amount
(+) Income	
(-) Fixed expenses	
(-) Variable expenses	
(-) Debts	
Total:	





Annual Physical Exam

This section reminds you of the importance of annual physical exams to help prevent chronic conditions and increase your awareness of your physical and mental health.

DATE: _____

Areas	What to expect	Results
<ul style="list-style-type: none">Vital Signs	<ul style="list-style-type: none">Blood pressure,Heart rateBody temperatureOxygen saturation)	<div></div> <div></div> <div></div> <div></div>
<ul style="list-style-type: none">Physical Exam	Comprehensive exam, including checks for any visible concerns.	<div></div> <div></div> <div></div>
<ul style="list-style-type: none">Mental Health Screening	Assessment of stress, anxiety, depression, sleep quality, and well-being.	<div></div> <div></div>
<ul style="list-style-type: none">Immunization Review	Updates on vaccinations, such as flu, COVID-19 boosters, or others.	<div></div> <div></div> <div></div> <div></div>
<ul style="list-style-type: none">Musculoskeletal Health	Assessment of posture, joint health, and muscle pain (for long hours of sitting or computer use).	<div></div> <div></div> <div></div> <div></div>
<ul style="list-style-type: none">Vision & Hearing Screening	Basic checks for eye and ear health to catch any developing issues.	<div></div> <div></div> <div></div>
<ul style="list-style-type: none">Preventive Care & Health Counseling	Advice on health screenings (e.g., cancer, cardiovascular) relevant to age and risk factors.	<div></div> <div></div> <div></div> <div></div>



Notes & Reflections

Lined area for notes and reflections.

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Lined area for notes and reflections.



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