

OVERCOME UNCONSCIOUS BIASES

Directions: Read our recommendations for overcoming unconscious biases and determine what you can do to conquer your personal biases.

1 Identify Your Biases

What were the results of your biases according to Project Implicit by Harvard University?

How accurate are the results?

2 Avoid Generalizations

What are some generalizations that you make towards those affected by your biases?

What are practical steps that you can take to avoid such behavior?

3 Practice Individuation

What can you begin to do to view those who are affected by your biases as an individual?

4 Learn About Cultures

Research cultural events in your community and pay a visit. Which culture would you want to learn about first?

5 Practice Empathy

Think about your biases regarding other cultures. Explain how you would feel if it were you in their position.