

# MITIGATING IMPLICIT BIASES

**Directions:** Read our recommendations for reducing your implicit biases and determine what you can do to conquer them.

## **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 people and cultures. Explain how you would feel if it were you in their position.