Self Reflection: Time to get pensive.

Time: 20 minutes

Instructions:

1. Find a quiet and private space where you won't be disturbed for the next 20 minutes.
2. Take out a pen and paper or open a new document on your computer.
3. Set a timer for 20 minutes.
4. Read each question carefully and take a few moments to reflect on your answers before writing them down.
5. Be honest with yourself and avoid self-criticism or judgment. This is an opportunity for self-reflection and growth.
6. Write down your answers to each question in as much detail as possible within the allotted time.
7. Once the timer goes off, take a few moments to review your answers and consider any insights you gained from the exercise.

Questions:

1. How do my personal experiences and background influence my interactions with students and colleagues from diverse backgrounds?
2. What biases or assumptions do I hold about people from different cultures, races, genders, sexual orientations, abilities, and socio-economic backgrounds?
3. In what ways do my teaching practices and course content reflect a commitment to diversity, inclusion, and equity?
4. How do I respond to incidents of bias, discrimination, or harassment in the classroom or on campus?
5. What steps can I take to educate myself and others about the importance of diversity, inclusion, and equity in higher education?
6. In what ways can I support and advocate for underrepresented students and colleagues in my department and across the university?
7. What strategies can I use to create a more inclusive and welcoming learning environment for all students?
8. How can I incorporate feedback from students and colleagues to improve my understanding and approach to diversity, inclusion, and equity?

9. What resources, training, or support do I need to enhance my knowledge and skills in this area?
10. What specific actions can I take to contribute to a more diverse, inclusive, and equitable campus community?

ACTIVITY NOTES:

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