Diversity Activities

1. Read a book or watch a movie about a cultural group that has a different background from yours. Compare your views with those expressed by the author/film maker.

*For suggestions on books:*

The University of Toledo libguide is a guide to ethnic and diversity related resources-  https://libguides.utoledo.edu/diversity-inclusion

1. Describe any experiences you have had with people different from yourself that may have led to overgeneralization toward an individual or group.

How do these experiences affect your attitude and behavior toward particular individuals or members of a group? Do they affect your ability to work effectively with certain individuals or groups? Give examples.

What steps might you take to decrease the influence of stereotypes on your work and personal relationships?

1. Participate in a cultural event that you’ve not previously experienced. Reflect on how you felt while you were there. Try to become more aware of the impact and sensations the experience has on you.
2. Describe a situation where you felt like you were the “outsider” or misunderstood. How did it make you feel? What effect did this have on your relationships, both in the short term and in the long term?
3. Create an opportunity to interact with someone from a group that makes you feel anxious or uncomfortable.
4. Describe a situation where you have been willing to accept particular individuals or groups only under certain circumstances. For example, you might have agreed to participate on a project team with someone, but you limited any social conversations and avoided interactions outside the workplace. How might this limited acceptance impact your effectiveness? Give examples.

What steps might you take to increase your level of respect for these particular individuals/groups? Who can you ask for help?