Module 4 Task 10

Possible answers to question 3

Self-Reflection: I can begin by exploring the origins of my thoughts and views, as well as how stereotypes may impact them. Keeping a journal on my assumptions and experiences will help me become more aware of my biases.

Education and exposure: understanding diverse cultures, perspectives, and the impact of bias is critical. I may study books, watch films, and attend classes on diversity, equity, and inclusion. Exposure to diverse stories and experiences helps clarify stereotypes.

Challenging assumptions: when I notice myself forming an assumption about someone, I can pause and ask myself why. I can consciously choose to replace such assumptions with questions and interests. Engaging directly with people rather than depending on previous assumptions enables me to generate more realistic impressions.

Seeking feedback: I can ask friends, coworkers, or mentors for honest feedback on how I interact with people from different groups. This can help me understand any unconscious biases and learn from the perspectives of others.

Diverse interactions: I can place myself in situations where I will engage with people from different cultures, both personally and professionally. These conversations can help me face my assumptions and see others as individuals rather than stereotypes.