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 possibco.255 0.318 rg 0 0.M. se
- 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.

9. What resources, training, or support do I need to enhance my knowledge and skills in this area?

## ACTIVITY NOTES: