

Resource: You Can Protect Yourself From Stereotype Threat (Stereotype Threat Affects Everyone)

"It is indiscriminate in cursing any group for which a negative stereotype applies, and it does so across a range of domains from intellectual to. What is also so striking and debilitating about the phenomenon is how seemingly easily seemingly easily stereotype threat can be activated." - H. Rothgerber, & K. Wolsiefer

"Everyone is vulnerable to stereotype threat, everyone has at least one group identity that is stereotyped." - C. Steele

- **Identify the situations & people that are most likely to trigger stereotype threat for you.**
- **Think about your unique characteristics, skills, values, or roles - things you value, that are important to you.**
 - **If possible, jot them down & why they are important.**
- **Remember that even if you are triggered— you can bring yourself back.**
- **Remember that the anxiety and “de-skilling” caused by stereotype threat is not relevant to your actual abilities.**
- **Focus on your unique deep values**
- **Everyone belongs to multiple groups. Focus on an identity that does not have negative stereotypes relevant to the situation.**
- **Bring to mind a time you felt competent, powerful, strong (whatever is relevant). Focus on that experience**