

## 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*

- 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.