
ACTIVITY 1:
PROTECTING YOURSELF FROM STEREOTYPE THREAT

Think back to a situation in your life in which you now think you might have been experiencing Stereotype Threat

1. Describe what happened. What was the setting? Who was there? What were you doing? How were you feeling about yourself? What was at stake – what made this situation important to you?

2. Which of the strategies for protecting yourself from Stereotype Threat could you have used to protect yourself from Stereotype Threat?

For a list of strategies, see: Protecting yourself from Stereotype Threat

3. Describe a realistic situation in which you will use one or more of these strategies in the future. Be as specific as possible.