

HIDDEN BIAS SELF-ASSESSMENT

Directions: Using the rating scale, assess yourself for each item by the appropriate answer along each column. When complete, review your responses to identify areas in need of improvement. Create specific goals to address the areas in which you would like to improve.

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Almost never	Seldom	Neutral	Usually	Almost always
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1.	I am willing to examine my hidden biases through self-reflection.	1	2	3	4	5
2.	I educate myself about the culture and experiences of other racial, religious, and socioeconomic groups by reading, attending workshops, cultural events, etc.	1	2	3	4	5
3.	I spend time reflecting on my own upbringing and childhood to better understand my own biases and the ways I may have internalized the prejudicial messages I received.	1	2	3	4	5
4.	I look at my own attitudes and behaviors as an adult to determine the ways they may be contributing to or combating prejudice in society.	1	2	3	4	5
5.	I evaluate my use of language to avoid terms or phrases that may be degrading or hurtful to other groups.	1	2	3	4	5
6.	I avoid stereotyping and generalizing people based on their race, religion, gender, socioeconomic class or other differences.	1	2	3	4	5
7.	I am open to other people's feedback about ways in which my behavior may be culturally insensitive or offensive to others.	1	2	3	4	5
8.	I strive to give equal attention to other people regardless of race, ethnicity, religion, gender, socioeconomic class, or other differences.	1	2	3	4	5

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Directions: Using the spaces below, add your responses.

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Areas of growth needed:

Future goals: