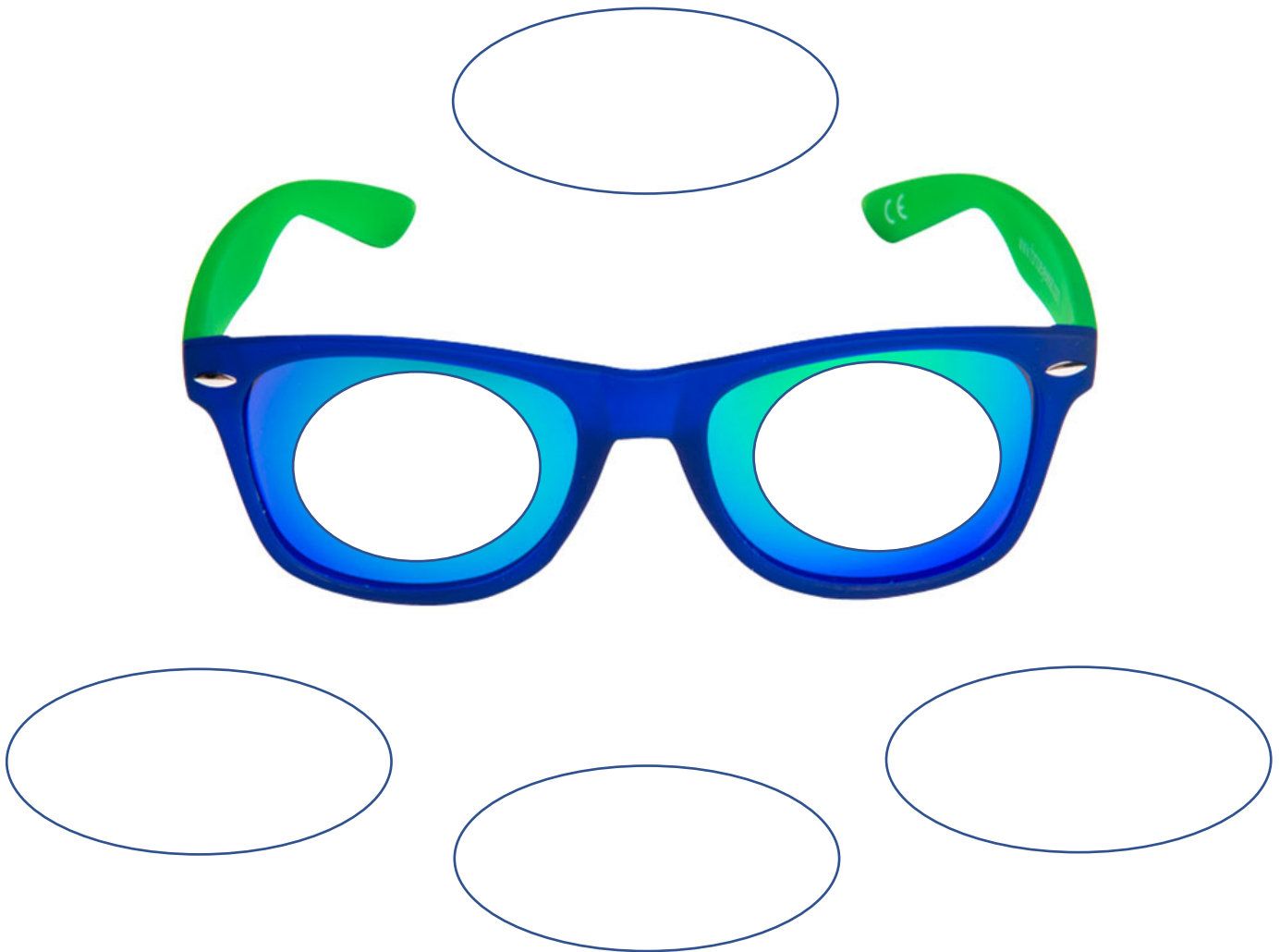




## My Multicultural Lens

This activity is designed for you to reflect on your personal bias, personal experiences, experiences/observations of those in your environment, or anything related to developing and understanding of your whole self. Below you have a pair of sunglasses. There are six circles for you to use as reflection space. You can draw more circles, or only fill out one or two of them. On the back of this page, please reflect and/or respond to the questions about this process. You do NOT have to respond or reflect on all of the questions. Use them as a guide.



**Are you feeling stuck on what to reflect on?** Think about salient identities that you hold or identities that you don't often think about and want to remind yourself to reflect on more. Write down ways/examples where you have acknowledged/checked your bias, or experiences that you are encountering related to your own social identity wheel. Try to group multiple identities together, and understand how your lens changes when you add ALL the intersecting identities of yourself (Queer, White, Christian, Cis-Woman). This can include your name, or your hair and what it represents. Nothing is off limits



## Questions to Process During/After Creating Your Lens

- 1) Do you like your sunglasses? Do you wish they were different? How? Why?
- 2) Why did you choose that particular identity for each circle? What significance does the identities, experiences, or bias hold for you?
- 3) How did it feel to process your bias, experiences and identities? Was it hard to choose only six aspects of yourself? Did you include more?
- 4) Think about the stereotypes that are associated with your identities. Were these things you were told, or things you told/tell yourself? What does it feel like to have a story (perception) told about you that isn't accurate, or not the one you would tell?
- 5) Do the identities (and their dimensions) you chose differ from the judgements people make about you?
- 6) Why do you think it is important to acknowledge the differences in experiences when someone has multiple marginalized identities, while NOT falling prey to the myth of "oppression olympics?"
- 7) Think of some ways that you can become more aware of the biases that you hold, what are some ways that you can acknowledge these biases in a productive way?
- 8) Were you able to notice others' sunglasses being different than yours? Or was it hard to determine? If it was hard, is that potentially reflective of the environment in which you associate (you're with mostly like-minded, similarly identified people), or are you maybe story-telling and perpetuating stereotypes?
- 9) How do our sunglasses/lenses impact the work that we do with in the university community? Is this impact positive or negative? In what ways?
- 10) What is a commitment or action step that you can make to yourself or this group to better understand any biases that you hold and work to limit the impact of this bias on those around you?