

Structured Self-Assessment

Provide students with questions such as the following to examine their own attitudes, behaviours, values, and beliefs:

● What are my biases (show prejudice for or against someone or something) unfairly? How do they affect the way I see the world?

Examples:

People who drive cars complain about Bikes and pedestrians, people on bikes complain about cars and pedestrians, pedestrians complain about cars and bikes, this is an example of a modal bias. Each seeing that the other is somehow hindering or endangering them, even when one may use all three modes of transportation in a day.

I feel that someone who is pregnant should not be given the opportunity to have an abortion.



● Where do my beliefs come from? (e.g., family, peers, school, religious teachings, media, experiences).

The media has taught me that being skinny is the way to be and my peers also think that we should not include anyone who does not have the “perfect body”.

My religion tells me that people of a differing sexual orientation are living with sin.

● How do my personal experiences and circumstances (e.g., age, sex, sexual orientation, gender identity, ethnicity, family, socioeconomic status) affect the way I see the world?

Even though my parents claimed that those who are of a differing sexual orientation are living in sin, I have two friends in high school who are homosexual and they act exactly like a “normal person does”.

I'm a young girl who has been treated like an object by other young boys, and when they look at me they only look at my body and not how smart I am. This angers me because I feel like I am more than what people see on the outside.

I belong to the lower socioeconomic bracket and I feel that those who are rich do not care about others. Why do I have to struggle making ends meet while they roll around in big cars.

● What roles do culture and language play in my understandings, values, and beliefs?

Growing up in a Greek household I was taught that my culture was superior to others. In addition, I was taught that people of a differing culture are not as great. Therefore, I should exclude others and only befriend people who are part of my culture.

Cultural practices have really helped me be who I am today. I enjoy being part of a Greek dance team that enables me to practice something that is sacred and can help me pass on my culture to my daughter.

My Greek language enables me to understand a lot of biological terms better, as their stem is often derived from Greek.

I feel excluded sometimes when people give me dirty looks if I 'm speaking my native tongue.

● **How do my ancestry and nationality affect my perception?**

Nationality: In Greece we were taught that a specific nationality was not as good as ours. I grew to dislike this nationality simply on the basis of what I was taught in school. I discovered later in life that they were not that much different than me!

● **Am I privileged and entitled? In what ways? To what extent does this colour the way I relate to the world?**

Heck yes! Education, technology, transportation...It helps me understand the world around me, but at the same time I feel guilty having this privilege and I feel like I'm not able to help those who are "less fortunate".

● **Am I oppressed or marginalized (left out)? In what ways?**

I don't feel like I am, but when I was younger I did! I felt like Canadians did not accept me because I was a minority.

Also, when I met my wife who is Indo-Canadian I did not feel like either my family or hers accepted me for who I was.

● **What are my assumptions about how our society functions/should function? (e.g., competitive, collective)**

Society should take care of those who are less fortunate! I don't care how much of my tax money goes into it! I dislike people who compete to exclude. I feel that we should work as a team to get better. What is the point in one person exceeding while another struggles.

● **How do I respond when someone disagrees with me? How do I treat others with beliefs and values different from my own?**

I yell at them!

Share with others.