



Bias Check

We all see the world through our own unique lenses, shaped by our lived experiences, upbringing, culture, and environment. These lenses can lead to **biases**—unconscious assumptions that influence how we think, make decisions, and interact with others. While biases are a natural part of who we are, they can sometimes result in unfair and assumed judgments, missed opportunities, or inequitable outcomes.

That's why it's critical to engage in bias checking which is the practice of actively identifying, questioning, and working to unlearn our biases. Whether in personal relationships, the workplace, or interacting with those on Mason's campuses, checking our biases helps us foster fairness, community care and inclusivity.

By learning to recognize our biases, we can take the first step toward creating a more inclusive community on our campus. Here are some reflection questions to help you get started.

- 1. How do you connect with people who have different life experiences than you?**
- 2. What is a stereotype/generalization/belief you hold about people sharing a common identity with you. Where does that idea come from?**
- 3. What is a stereotype/generalization/belief you hold about people with a different identity than you. Where does that idea come from?**

Reflect on what you can do to combat any potential stereotypes or unconscious biases that you may hold about others: