



#### **Beyond Dichotomies & Acronyms:**

Exercises in Modeling Inclusivity and Belonging (or a Lack Thereof)

Randeep Kullar, M.S. Maraina Montgomery, M.A. Ed

#### · Introductions



Randeep Kullar, M.S. (she/her)
Institutional Relations Manager
CAPA: The Global Education Network
rkullar@capa.org

first-generation

friend colleague

daughter teammate woman

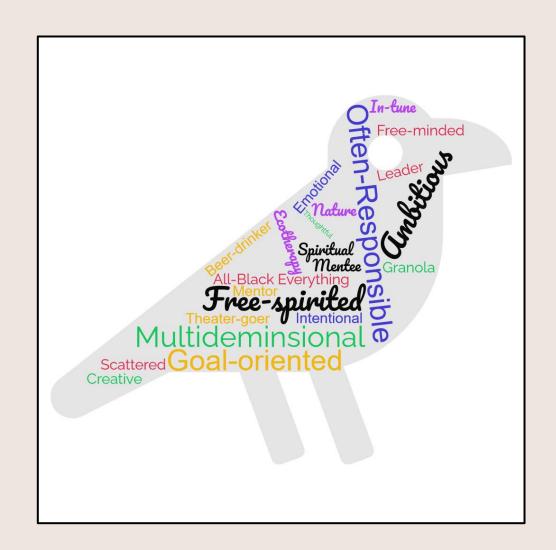
reader aunt mentor

music-fanatic cousin fantasy-geek
sister movie-buff advisor
counselor asian
mentee theater-goer
indian educator
american

#### Introductions



Maraina Montgomery, M.A. Ed. (she/her)
Director, Study Abroad
University of Portland
montgomm@up.edu



#### Learning Objectives

#### Attendees will be encouraged to...

- examine how we unconsciously approach people through the lens of dichotomy and how this negatively influences our work as EA practitioners and educators.
- 2. be mindful about how personal power is given away or taken by accepting or casting judgment (especially related to personal identities).
- withhold judgment and recognize the nuances, differences, and lived experiences of others' stories that cannot be defined by how they are outwardly perceived.

#### Agenda

- 1. Explore concepts and terms
- 2. Solidify ground rules
- 3. Perceptions exercise
- 4. Language Dichotomies exercise
- 5. Learn from an expert
- 6. Explore what's next



#### **Terms Defined**

- Bias: a strong feeling in favour of or against one group of people, or one side in an argument, often not based on fair judgement
  - Conscious or Explicit Bias: a belief about a group of people that you <u>ARE</u> aware of and that affects your behaviour and decisions
  - Unconscious or Implicit Bias: a belief about a group of people that you
     ARE NOT aware of and that affects your behaviour and decisions
    - Far more prevalent and often incompatible with one's conscious values.
- Stereotype: a fixed idea or image that many people have of a particular type of person or thing, but which is often not true in reality and may cause hurt and offence

#### **Terms Defined**

- Dichotomy: a division or contrast between two things that are or are represented as being opposed or entirely different
  - Example: black/white; inbound/outbound; foreign/domestic
- Acronym: an abbreviation formed from the initial letters of other words and often pronounced as a word
  - Example: AAPI, BIPOC, MSI, HBCU, LGBTQIA2S+



#### Ground Rules: Creating a Brave Space

- "Controversy with civility," where varying opinions are accepted
- "Owning intentions and impacts," in which participants acknowledge and discuss instances where a dialogue has affected the emotional well-being of another person
- "Challenge by choice," where participants have an option to step in and out of challenging conversations
- "Respect," where participants show respect for one another's basic personhood
- "No attacks," where participants agree not to intentionally inflict harm on one another

. . . . . .

#### **ACTIVITY: PERCEPTIONS EXERCISE**





#### What assumptions do you make about this child?





#### Does this picture change any of your previous assumptions?





Do these additional pictures change any of your previous assumptions?

. . . . . .

#### LARGE GROUP DISCUSSION



• • •

#### **ACTIVITY: LANGUAGE DICHOTOMIES**





# MALE

### FEMALE



#### NEWCOMER

### **VETERAN**



### INSTITUTION

### **PROVIDER**



# HBCU, MSI, HSI, TCU, AANAPISI, ETC.

**PWI** 



# **FACULTY**

# STAFF



# **FOREIGN**

### **DOMESTIC**



# GAY

# STRAIGHT



#### CONSERVATIVE

#### LIBERAL



### "WOKE"

### "LESS-WOKE"



# BLACK

# WHITE

• • •

#### **SMALL GROUP DISCUSSION**



· · ·

#### LARGE GROUP DISCUSSION







# Why Does This Matter to Education Abroad?



#### **Now What?**

- Consider using these exercises to help open up conversations
- Understand and explore your own biases
  - Assessments: The Implicit Association Test (IAT)
- Listen to the feedback others give you
- Question your thoughts and perceptions proactively
- Educate and expose yourself and those around you
- Recognize that another person's judgement isn't necessarily a true reflection of you



### ·· Resources

- Ali, Diana. Safe Spaces and Brave Spaces: Historical Context and Recommendations for Student Affairs Professionals. 1 Oct. 2017.
- Understanding Bias: A Resource Guide.
- Unconscious Bias Training: UCSF
- The Implicit Association Test (IAT)
- How to Outsmart Your Own Unconscious Bias TEDxPasadena

#### **Contact Us**



Randeep Kullar, M.S. (she/her)
Institutional Relations Manager
CAPA: The Global Education Network
<a href="mailto:rkullar@capa.org">rkullar@capa.org</a>



Maraina Montgomery, M.A. Ed. (she/her)
Director, Study Abroad
University of Portland
montgomm@up.edu