



THE OTHER YOU REFLECTION GUIDE

Directions: After watching the workshop complete the reflection questions below.

Peanut Butter & Jelly

1. Where do biases come from?
2. What creates the lens in which we see the world around us?

Understanding Our Biases

1. What feeling or reactions did you have upon reviewing the list of different types of biases? Any Surprised or confirmations?
2. Reflect on your life experiences that might influence your biases. Consider your childhood family upbringing; the communities in which you have lived; media messages; your family and peer networks; extracurricular activity involvement, etc. How might these experiences have shaped your biases, with or without your conscious awareness?

3. How might being aware of your personal biases affect your future actions and decisions, both in your communities, the FFA organization and in other aspects of your life?