

Guided Discovery Worksheet: Personal Bias

By exploring your own experiences with disability, you can position yourself to begin learning about others as well. To better understand biases you may have, consider the following questions:

How did you understand disability when you were growing up?

What expectations did you have about disability and where do you think they came from?

What emotions do you have when you think about the word, “disability?”

Do you have any friends or family members who are disabled? What are your relationships like?

If you have a friend or family member with a disability, what surprised you about that person? Why do you think it was surprising?

Explore More

Visit Project Implicit at implicit.harvard.edu/implicit and take the Implicit Association Test (IAT) on disabilities. How did your results match or differ from your expectations?