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Exploring Implicit Bias

 "Mental shortcuts that fill in gaps in knowledge with similar data from past experiences and cultural norms"

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In-Group v. Out-Group

- In-Group v. Out-Group
 - Exclusive group of people who typically share a common interest or identity (can be around gender, ethnicity, common work experience, age, religion, geography, affiliations, socio-economic differences, etc.)
 - Occurs as people seek similarities or similar experiences
 - Tend to identify more closely around similarities
 - Differences may come out during inter-group contact

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Imposter Syndrome

 Imposter syndrome can be defined as the feeling of being inadequate – even despite contrary evidence. It's always doubting yourself and thinking you are a fraud. You don't belong; you are not good enough.

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Allyship

- Act of being an ally
 - Offers supportive association with another person or group
 - Builds relationships based on trust, consistency and accountability with underrepresented or marginalized individuals and/or groups of people
 - Provides assistance and support in an ongoing effort, activity or struggle (noun)

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Immediate Actions

- Listen and Learn
- Choose and Use Supportive Language
- Educate Yourself about Implicit Biases and Micro-Aggressions
- Pay Attention to Your Position/Privilege
- Be Intentionally Inclusive
- Empower Others
- Understand Your Role
- Speak Up Intent v. Impact

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