

## **Diversity Exercise: My Groups**

The purpose of this exercise is to help students become more aware of the groups with which they identify and how they are affected by stereotypes.

Begin with a diagram that has one circle in the middle and four circles surrounding it. There is a handout with this diagram, "Diversity Exercise: My Groups" in the online Instructor Manual.

Follow these steps:

1. Write your name in the middle circle.
2. In the surrounding circles, list the groups with which you identify. (Examples: woman, man, African American, Mexican, Asian, Irish, young, surfer, blond, redhead, business major, introvert, extravert, thinking, feeling, thin, overweight, motivated student, basketball player, athlete, Christian, Democrat, Republican)
3. Turn to the person next to you. Tell of a time you felt especially proud to be a member of this group.
4. Share a time it felt particularly painful to be a member of this group.
5. Which stereotype have you heard about one of your groups, but it fails to describe you?

At the end of this exercise, give students a few minutes to write 3 discovery statements. Ask for volunteers to share their discovery statements.