acceptance
• respect
• understanding
focus on issues of communication
raise level of awareness
Instead: not to make you love others
not to teach you tolerance

Objective of the Training

3. Outline of what our time together will look like

2. CBS 101

1. Who are we?

Introduction

Central West

"If we cannot change our attitude to do so, none of us alone can save the nation or world. But each of us can make a positive difference.

Anonymous

Our interpersonal skills really impact our ability to gain people’s respect and trust.

November 12 & 13, 2006
New Britain, Connecticut

Cultural Awareness and Competency Program

Central Connecticut State University

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Community Relations Service
U.S. Department of Justice
taken at being neutral or objective, but instead as subjectivity.

However, one holds in the external that one's views could not be
biased if one's powers of judgment are influenced by the
individual's perspective. However, one is generally only said to
mean a preference in a general or specific sense, usually in the
sense of having a preference to one particular point of view or

prejudice: a preconceived preference or idea.

How many of you think you are biased?

How many of you think you are prejudiced?

What are your expectations of our time together today?

Culture: What is it to you?

Break (10 minutes)

Discussion about the video

Video (Shadow of Hate)

Break (10 minutes)

Why did we take the time to do this exercise?

Introduce your partner to the group and vice versa

What or present professionally, personally or socially
whether their self-identification has caused any problems in the
how he/she identifies themselves culturally or racially
something about him/her that people do not know
name

Find someone you do not know how well and interview him/her and vice versa

Ice Breaker Exercise
not practicing basic good manners
body language
tone of voice

Be aware of self-entitlement: words you speak

- statements that hurt you most
- actions that trigger you
- actions that get you angry
- statements that get you angry

Know your personal "triggers" or "hot buttons"*

- What does that mean?

become a "high-self monitor"

How to control or minimize issues?

hear and what we feel.

Our perceptions of the world are directly related to our senses, i.e., what we see, what we

- fear anxiety
- assumptions
- perceptions
- media
- experiences
- parents
- education
- religion
- influenced by culture

Exercise on Conditioning

negligence in love

Stereotyping does not belong. Stereotypes may be positive or

knowledge about a group to which the person done the

Stereotypes: Generalizations based on minimal or limited

negatively leads to an uneven distribution of judgment.
exercise of attribution or assessment. Any tendency to favor a certain set of values

In practice, accusations of this often result from a perception of underdeveloped
Listen actively to the person. It shows the person I listen.

Sit with them.

When someone is angry and complaining, let him/ her vent. Do not interrupt or argue with them.

- "I hear you.
- Recognize feelings
- Learn de-escalation techniques

Youth asking for directions.

Teaching Points: Case scenario of incident with Massachusett's police officer and your student.

1. Think about your comments, issues and behaviors which may trigger you.

2. Do a mental practice with your "triggers" or "hot buttons.

3. Be conscious of your normal response to hot buttons and make a conscious decision of how to respond.

- E.g. If I feel happen, I will do/say...

4. Acknowledge the person's comment.

5. Use "I" statements instead of "you" statements.

- E.g: I hear what you are saying. Let me share my thoughts/ experience.

- E.g. Recognize feelings

- Learn de-escalation techniques

Some suggested techniques on dealing with your "triggers" or "hot buttons.

- Build genuine goodwill by being kind to everyone.
- Understand that people are naturally "wired" to respond most
- Learn the equation: E = R + F (Emotion + Response) to react differently, the
- Welcome "Outcomes" = Response + Welcome
- If you feel the event itself which causes stress, it is the way we
- Provide insight to assist in resolving issues
- Provide insight to a perspective on the conflict
- then you are interested in what is being said
- then the issue is important
- respect
Holy Quran, Sura 49

another but that you should know one another.
You were created as different nations and tribes, not that you should despise one

Anonymous

What we do today will mark what our children will look back at as our history.

Anonymous

Learn to live and respect each other so survive or we will all perish together.

Closing thoughts: We are all living on a small piece of real estate called earth. We must either

Stereotypes: Small Group Exercise

to speculation.

Seek clarification of issues (what, how, when, where, and who) avoid asking "why."

Say: "What would make this situation better?"

In appropriate situations, ask, "Is anything else you would like to add?"
Which is the stereotyping group used to:

- An appearance of behavior (or other feature) that stands out as different from that
- Association of persons with other groups
- Prejudice, sexism, homophobia, and other forms of discrimination
- Presentation of cultural attributes as being neutral
- Simplification
- First impressions
- Generalization
- Historical factors

Factors Affecting Stereotypes:

- Number of characteristics

  Assumptions about characteristics, nationally, sexual orientation, disability, or any other
  which is or are belong. Stereotypes may represent people entirely in terms of narrow
  stereotyped. Many refer to recognize a distinction between an individual and the group to
  based on the stereotyped idea results from this, rather than being viewed as individuals.
  person of the group may overly be reduced to being known and understood through a lens
  around a certain characteristic of the group of person in which they are assigned. The
  Stereotype is a way of representing and judging others people. Stereotypes can evolve

Description

- Ethnicity, religion, sexual orientation, or any number of other characteristics
  person done. the stereotype does not belong. Persons may be grouped based on race,
  generalizations based on minimal or limited knowledge about a group to which the
  common stereotypes may be possible or negative in tone. They are typically
  on the assumption that the attitudes must be an attributes that members of the other group held
  stereotypes can be a simplified and oversimplified conception, opinion, or image. Based
  Stereotype is a simplified and standardized conception or image with specific

What is a Stereotype?
There are some complicating factors which arise when the accuracy of stereotypes is discussed. One of these is that a factor leading to stereotyping can be the existence of a stereotype. People from group 2 accountably reach more aggressive stereotypes because they are afraid of the dangerous minority they are supposed to be hostile towards, yet group 2 in a sense some external (e.g. group 1) group 2 in a sense some external (e.g. group 1) are more prevalent.

Stereotypes can be self-fulfilling in at least some external (e.g. group 1) and minority (e.g. group 2) for some individual people's effects of this minority stereotype, a positive or negative stereotype is always be accepted, which is seen to apply to them. The overall effects of stereotypes are seen by many to For individual people those can be both positive and negative effects of a stereotype.

**Effects, accuracy, terminology**

Groups have political, social, and economic power in the United States and other cultures. Many of these stereotypes have become the key factors in determining which group they are. Many stereotypes are based on actual differences. Others believe that stereotypes are generally based on actual differences. Others believe that stereotypes are always harmful, while stereotypes are seen by many to be beneficial.

**Causes**

Also, different cultures do not necessarily recognize the same stereotypes. Also, different minority cultures do not necessarily recognize the same stereotypes. Also, different cultures do not necessarily recognize the same stereotypes. Also, different cultures do not necessarily recognize the same stereotypes.
History of ethnic stereotypes in the United States

Individual rather than a group.
Idea of ethnocentric superiority. Stereotypes are like stereotypes, but might be held only by one particular group. Those among a group of people. Stereotypes are created based on some assumption and thought. "Stereotyped" and "prejudiced" stereotypes are confused. Stereotypes are.

Possible preventative effects of stereotypes are:
- Preventing some people of stereotyped groups from succeeding in activities or
- Socialization of children to rethink one's education and behavior towards stereotyped groups
- Elimination of ill-founded prejudices or ignorance

The stratification and separation of groups, especially ethnic minorities, in the United States

The early Anglo-Saxon colonists had a very different relationship with the first African Americans than they did with the Native Americans. Their initial contact with the Native Americans was based on the idea of a separation and segregation of groups, especially ethnic minorities, in the United States.

The disparity between Whites and Native Americans, which has lessened over the years, is based on the idea of ethnocentric superiority. Stereotypes are created based on some assumption and thought. "Stereotyped" and "prejudiced" stereotypes are confused. Stereotypes are.

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As a family values, education, and shared cultural heritage, African Americans are viewed as a model minority. This image is widely held even though it is based on a narrow understanding of cultural and social differences. African Americans are often portrayed as model citizens, many of whom have achieved success in various fields. This stereotype is reinforced by media images and the media's representation of African American achievements. The media often highlights the achievements of African American leaders, although their successes are often overshadowed by the challenges faced by the broader African American community.

In contrast, the stereotype of the model minority is not as prevalent in the media's portrayal of the experiences of other groups. For example, Asian Americans are often depicted as model citizens, but their experiences are often overshadowed by the challenges faced by other groups. This stereotype is not as pervasive in the media as it is for African Americans.

The stereotypes of African Americans are not limited to the media. They are also present in personal experiences, such as the experiences of African Americans who have been educated in predominantly white schools. These experiences can be positive, but they can also be challenging, as African American students may feel isolated and disconnected from their peers.

The stereotypes of African Americans are also present in the experiences of African American professionals. For example, African American professionals may face challenges in navigating a predominantly white workplace. This can be especially challenging for African American professionals who are working in fields that are not traditionally associated with African Americans.

In conclusion, the stereotypes of African Americans are widespread and have a significant impact on the experiences of African Americans. These stereotypes are not limited to the media, but are also present in personal experiences and professional settings. Understanding these stereotypes is important for creating a more inclusive society.