

Test Yourself for Hidden Bias



Recent scientific research has demonstrated that most possess hidden negative prejudices or stereotypes. Even though we believe we see and treat people as equals, hidden biases may still influence our perceptions and actions.

Psychologists at Harvard, the University of Virginia and the University of Washington created "Project Implicit" to develop Hidden Bias Tests — called Implicit Association Tests, or IATs, in the academic world — to measure unconscious bias.

Take a test at Project Implicit's website see what may be lingering in your psyche. After taking the test, your assignment is to write a paragraph response to the test.

- Go to the Project Implicit web site. (<https://implicit.harvard.edu/implicit.html>)
- Select “Demonstration” on the left.
- Follow the directions: You may choose from tests that analyze your hidden bias against Native Americans, African Americans, Asian Americans, Muslims, gays, obese people and more.
- After completing the test, write a short response to the test and/or your results. Be sure to identify which test you took. You do not have to share the results.