

**Pause and Reflect: Racism Worksheet**

Take some time to pause and reflect on what you have just learned by answering the following questions. Begin by asking yourself this: how does racism show up in your surroundings?

1. What are some ways in which racism appears in my daily environment?  
*(Individual/interpersonal racism)*
  
2. When have you observed racism appear in your workplace, or at the university?  
*(Institutional racism)*
  
3. What does racism look like within my field? *(Systemic racism)*
  
4. What practices and/or initiatives have I implemented to combat these things? What can I do if I see racism occur in my daily environment?