



LEARNING PLAN: Honoring Cultures by Understanding Bias

Honoring Names: A Simple Way to Promote Belonging
On-Demand (60-minutes)

[View Training](#) | This session will help you learn simple strategies for honoring the names of all those you encounter. We will discuss a brief history and the negative impact that mispronouncing names has on people—international students and individuals who are given names that are not common in North America. You will be provided with easy-to-use tools and strategies that will help you learn and retain the correct pronunciation of names. If you're interested in creating a more inclusive environment by preventing and/or repairing harm to your students and colleagues, this training is for you.

Cultural Humility: A Framework to Mitigate Personal Bias
On-Demand (60-minutes)

[View Training](#) | Use this session to understand the root cause of your biases and develop a practice that helps mitigate bias in your interactions with others. In this training, you will learn how to develop cultural humility as a framework and daily practice that helps you:

- Suspend judgement and be curious about other people's perspectives and backgrounds
- Ask questions to aid you in reflection about your own beliefs and behaviors
- Interpret your interactions with others

Techniques to Build Greater Cultural Humility

On-Demand (60-minutes)

[View Training](#) | This session is designed to help you learn about the techniques that you can incorporate into your daily routine to help you become a more culturally conscious and sensitive individual.

These techniques will help you:

- Become more aware of your own biases and how they get triggered in your interactions with others
- Maintain better self-control in the moment when your biases are triggered
- Cultivate more meaningful growth in yourself as well as in your relationships with others

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