



Transforming Practices in Education LLC for the advancement of multilingual learners
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Dual Language New Mexico 2021 Virtual Summer Institute

REDUCING BIAS IN THE CLASSROOM USING A MINDFUL REFLECTION FRAMEWORK

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Agenda - June 4, 2021

10:15-11:25am

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|---------------|--|
| 10:15-10:30am | Introduction - Padlet Link
Collective Resume - Post on Padlet |
| 10:30-10:45am | Understanding Bias
What is Bias? |
| 10:45-11:15 | Checking Our Assumptions
Attribution Theory
Mindful Reflection Process |
| 11:15-11:25 | Q & A
Wrap Up |



Mindfulness is the process of making a conscious choice rather than acting on automatic pilot or from scripted/habitual behavior.

- Mindfulness is the way that in-group members and strangers can reduce their anxiety and uncertainty to optimum levels.
- Scripted behavior serves us well in familiar situations, but not in cross-cultural communication or in communication with strangers (those who are unfamiliar or different from us).

Attributions

One way to help us gain a deeper understanding of our scripted/habitual behavior is through recognizing attributions. Attributions are ways that we explain the behavior of others.

There are three types of attributions we can make of others behaviors:

Evaluative: *Is it good or bad? Have I made a value judgment based on what I observed?*

- It's bad of him to take other's belongings and break them.
- That's a creative way to share, nice job!

Interpretive: *Why do I think the person did that? What was their intent? What does their behavior mean?*

- He doesn't respect other's belongings.
- He is sharing.

Descriptive: *What is the behavior I actually observed? Describe what actually happened without interpretation or evaluation.*

- He took the pencil and broke it in half and gave one half to his peer.

Our goal with *describing or using non-judgmental language helps us to prevent making mis-attributions or wrong assumptions* about why others behave the way they do, thus enacting mindfulness.

When we can be descriptive, we are practicing mindfulness because we are not evaluating or interpreting what someone did, but rather describing the situation to help understand multiple interpretations.