



Prepare Yourself: Self-Assessment

(inspired by, "[Let's Talk!: Discussing Race, Racism, and Other Difficult Topics with Students](#)," from Teaching Tolerance/Learning for Justice)

Please complete and submit the following template as a self-assessment for facilitating and participating in difficult conversations.

1. Which phrase most represents your feelings?

- I would rather not talk about race/racism.
- I am very uncomfortable talking about race/racism.
- I am usually uncomfortable talking about race/racism.
- I am sometimes uncomfortable talking about race/racism.
- I am usually comfortable talking about race/racism.
- I am very comfortable talking about race/racism.

Explain your response, providing context for your statement choice.

2. Finish one or both of these sentence stems:

- The hard part of talking about race/racism is ...
- The beneficial part of talking about race/racism is ...

3. Choose one or more action(s) you will commit to completing, and describe how you will complete that action(s). Please be sure to review the resources noted in "Let's Talk!" for ideas to support your commitment.

- Do you feel ill-prepared to talk about race and racism? If so, **commit to learning more about the issues by studying history, following current events and brushing up on anti-racism work.**
- Do you reroute classroom discussions when you sense discomfort in the room? **If so, commit to riding out the discussion next time.**

- Do you feel isolated in your teaching about race and racism? ***If so, commit to identifying a colleague with whom you can co-teach, plan or debrief.***
- Do you worry about your ability to answer students' questions about race and racism? ***If so, commit to accepting that you don't have all the answers and embracing the opportunity to learn with your students.***

4. Please respond to the following stems, as inspired by the graphic organizers on pp 20-21 in "[Let's Talk!](#)"

- I am vulnerable in discussing race because:
- I need _____ to be comfortable talking about race.
- For these difficult conversations, I can use my strengths in_____.

5. What did you learn from this self-assessment that will help you facilitate and participate in conversations about race? Please respond, in 1 paragraph or more.