

the ins and outs of Unconscious Bias

What is Unconscious Bias?

Unconscious biases, or implicit biases, are attitudes that are held subconsciously and affect the way individuals feel and think about others around them.

- builtin.com



The Facts

Within the first 7 seconds of meeting someone, you make 11 judgements about them.



7 Seconds

What are my Biases?

Every time you make a decision based on one of these snap judgements, ask yourself 'why?'

It may be difficult at first, but with practice you can analyze why you feel a certain way toward a person you've just met.



How do I overcome my bias?

Learn about the group of people you have a bias against through books, podcasts, ted talks, pen talks, or clubs on campus!



Scan the QR code to the right to find out what kinds of biases you subconsciously hold!

