

The following values affirmation prompt was adapted from one initially created by Richard Paselk, Professor of Chemistry at Humboldt State University. It is a variation/adaptation of the prompts used and posted by others, including Dr. Geoffrey Cohen (Stanford University) and Akira Miyake (University of Colorado), who are widely credited for their ongoing research regarding values affirmation and stereotype threat. This prompt is imperfect and still evolving, and we (along with Dr. Paselk) encourage other faculty members to use, adapt, and improve upon this version as appropriate for their own classrooms or settings.

Tips and variations:

- *Some versions of this activity request that students include their names, while others do not. There is no consensus on which is better, so do what you think will be most comfortable for you and your students.*
- *You might consider coordinating with others in your department or college (i.e. use it in just a few key gateway courses) to ensure that students are not doing this activity multiple times at the beginning of each semester.*
- *Feel free to add values that you or your students find most important. Some have suggested adding compassion/kindness, connection with nature/environment, sense of humor, or having fun.*
- *Interested in learning more about stereotype threat? Visit: www.reducingstereotypethreat.org*
- *Finally, please note: research shows that informing students about the explicit reasoning behind this activity (i.e. to alleviate stereotype threat) prior to implementing it can lessen its impact.*

Have you found something that works? We would like to hear from you! Email us at diversity@humboldt.edu

The following two page exercise will not be graded. You can have up to 15 minutes to complete it. The purpose of this exercise is to help me get to know you a little bit.

Name _____

Circle the two or three values *most* important to you

- *creativity*
- *community/relationships with family and friends*
- *political views*
- *independence*
- *learning and gaining knowledge*
- *money, wealth, or status*
- *your social/cultural/racial identity*
- *honesty or integrity*
- *helping society*
- *achievement in athletics, education, or career*
- *connection with nature/the environment*
- *athleticism, fitness*
- *spirituality or religion*
- *sense of humor/having fun*
- *Other? _____*

Based on your responses above, please do the following:

First, look at the values you picked as most important to you.

Next, think about times when these values were important to you.

Finally, describe in a few sentences why these values are important to you.

Focus on your thoughts and feelings—don't worry about spelling, grammar, or how well written it is.

List the top two reasons why the values you selected are important to you.

1.

2.

On a scale of 1–5 where 1 is highly disagree and 5 is highly agree, rate the following statements:

- 1. These values have influenced my life. _____
- 2. In general, I try to live up to this value these values. _____
- 3. These values are an important part of who I am. _____
- 4. I care about these values. _____