

Welcome to the Course

This course is one of a three-part series of diversity, equity, and inclusion (DEI) topics. The purpose of this microcourse is to understand the history of microaggression and learn effective ways to reduce and eliminate the use of microaggressions with students and clients in career development and workplace settings.

Diversity, equity, and inclusion is an all-consuming topic that impacts communities and citizens across the world. The NCDA tries its best to incorporate global perspectives within its materials. However, please note that the data, resources, and materials referenced in this microcourse focus on U.S. perspectives. Because of this, we ask learners to consider the unique social and cultural issues and systems of oppression that exist in their own country in addition to the perspectives mentioned here. Additionally, the NCDA also recognizes that language and understanding of diversity, equity, and inclusion are ever-changing and we endeavor to make every effort to keep this material updated to meet the changing times.

Learning Objectives

After completing this course, you should be able to:

- Recall the definition and history of microaggressions.
- Identify examples of microaggressions and the implicit biases associated with each.
- Recognize how one's own behavior and biases can contribute to microaggressions.
- Recommend action steps students and clients can use to eliminate and resolve microaggressions in the workplace.

Course Structure

Course components include:

- Course Introduction
 - Course Navigation
- Course Content
 - Definition and History of Microaggression
 - Examples of Microaggression
 - Action Steps Against Microaggressions
 - Test Yourself for Hidden Bias
 - Practice Activity
- Explore Additional Resources
- Learning Assessment
- Course Wrap-Up
 - Print or Download Certificate of Completion
 - Explore Other CE Opportunities
 - Feedback Survey

DEI: Understanding Microaggressions [DEI002]



In This Course You Will:

- Review course materials and resources
- Take a quiz
- Print or download a certificate of completion
- Complete a feedback survey

Assessment

- 8-question quiz
- A score of 80 is required for course completion.
- You may take the quiz as many times as necessary; no time limit.

Course Acknowledgements

- Content and Assessment - Cobretti D. Williams, PhD
- Course Reviewers. Cheryl Love, PhD; Sharon Givens, PhD

Continuing Education Credits

- 1 CE
- You can download and print a certificate of completion for this course after completing all required components.

