

UNCOVER YOUR UNCONSCIOUS BIAS:

BIAS

A FREE SELF-ASSESSMENT QUIZ

BIAS

Answer each question honestly by choosing how often the statement applies to you.

Use this scale:

- 1 - Never
- 2 - Rarely
- 3 - Sometimes
- 4 - Often
- 5 - Always

1 I feel more at ease with people who share my cultural or racial background.

1)

5 I view my own perspective as “normal” or “standard.”

5)

2 I’ve made assumptions based on someone’s appearance, name, or accent.

2)

6 I’ve felt defensive when someone pointed out a bias in my words or actions.

6)

3 I avoid conversations about race, gender, or identity to stay “neutral.”

3)

7 I rarely question whose stories or identities are centered in my curriculum or content.

7)

4 I’m surprised when someone from a marginalized group excels professionally.

4)

8 I assume people with disabilities or different identities need help without asking.

8)

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Results

Add up your total score (maximum = 40).

8–16: Awareness Awakening 🌱

- You're just beginning to explore your own biases.
- This is a powerful first step — stay open, curious, and reflective.

17–28: Active Learner 📖

- You're becoming aware of your unconscious patterns.
- Keep challenging your assumptions and learning through real conversations and resources.

29–40: Conscious & Committed 🔧

- You're actively doing the inner work.
- Now's the time to influence your spaces — speak up, model change, and keep expanding your lens.

✅ Ready to Go Deeper?

🎓 Explore my online mini-courses:
Code Switching 101

Cultural Competency & Being an Active Ally

📝 Get weekly tools on the blog:
www.jebhedmunds.com/blog