

I have completed courses or classes kind of like this was during my undergrad, but they were around how it revolves around trauma and how we approach and treat each type of trauma with each client. But to move onto the slide deck before the video presentation, when I was first reading through the slide deck and reading table 1, I understand how these can be perceived, but in my own experience, it seems like these conversations were out of ignorance and could be corrected by helpful open-ended discussions. Fortunately, we live in a place where we are very diverse in ideas, but this is what makes America great, and I think the only way through situations like the ones in table 1 is to educate through conversation. While reading through the themed examples and how the messages are perceived from certain phrases really resonated with me. Moving on to the is this a microaggression slide deck, I understand some of these are just blatantly aggressive like the let me do it for you instead of can I help you, and the others are less aggressive, but I understand the impact they can have. As for the experience portion, I would think that instead of correcting or teaching the person who said those words, you instead have a conversation with them and talk about it and not talk through them. If you rudely correct them, it might make them shut down or ignore you but with bad speech, it can get corrected with good speech. When they mention the actions to take, I feel like some of these are rather aggressive in nature too, but instead of directly telling someone how to do things, I think once again holding a conversation might help instead of using this approach. I don't think interrupting could initiate a positive response that is worthwhile, instead let them complete their thoughts even if wrong and then converse with them, because just like if someone interrupts you, it could be seen as aggressive and from there it would be hard to hold a civil discussion.

Now moving into the presentation, which I like because I think I get a more personal insight into what the presenter is thinking. She talks about culture shaping our way of thinking, and I think

this is correct but with more to add to that. While culture is the foundation, I think lived experience are the beams that get put into that foundation to build who you are today. And while some, may have the same culture, they may have different experiences, and this is how we build our individuality. When moving onto what microaggressions are, I feel like watching the presentation instead of going over the slides gave more information into the topic. I think that while it does lean towards marginalized groups, I think adding a statement that it can affect anyone could build more importance to the topic. When they mention the walking across the street to avoid a person, when living all over the world, I found that I would cross the street late at night if I saw a person walking towards me, but I didn't have a bias towards who that person was but rather that it was late at night and I didn't want to walk past anyone that late at night but from that persons perspective it could be seen as avoiding them because of why they are rather than the situation itself. Moving on towards the categories, and how it only relates to people of color, I think is correct, but I think this can be attached to any person, group, or ethnicity and by limiting it to one make the other groups effected less important. When she talks about the examples, I think as I spoke previously, I think many of these things are straight forward ignorance of ideas, but if you educate, they may be able to learn from this. I will give a personal example of this while serving in the military. When I first joined, I was in basic training with a person who never left his hometown, never met anyone who was not white and never flew on a plane. He did all these things in a matter of 2 days and was in culture shock and didn't know how to interpret all of this. But instead of correcting his words, actions, or thoughts, we held long form conversations with him throughout basic training and I think at the end of the 3-4 months, he was a completely different person. But I think if we just told him he was wrong midway through his thoughts, he would have shut down and not listened but through empathy and

patience we helped him learn and grow as a person and we hoped that when he went home, he would transfer what he learned too other around him. Unfortunately, in life when we encounter something like this, we may not have the same amount of time that we did to help a person grow but I think simple actions go a long way.

I think this module was very useful and something that I think could be positive about this learning experience is being able to educate yourself on the topic and grow as a person.

However, the other aspect that I think could come out of this is looking for these types of acts within conversations and trying to correct instead of talking through these actions with someone.

I think having this module is very useful, but I think having the same video but with another person's perspective that might have the same message but with little different interpretation could be useful. I understand that while she disclaims that this presentation is her thoughts towards this topic, and by having another educator who believes the same as her does but having a different interpretation to give the listener a more well-rounded education. My last thoughts on this is that I think everyone can learn from this session and while we all move through life, we should learn something new every day and I think this also means meet someone new every day. I think have a well-rounded friend group. By well-rounded I mean having people that will all support you but have different experiences to help you grow as a person and as a friend. By having this module, I think this should help some people understand their experiences and how it could formulate these actions without intending to cause harm.