



JOURNAL PAGE: DAY 1

UNDERSTANDING SYSTEMIC RACISM

NOTE:
Please save this PDF to your computer before using.

Use the spaces on the right side below to enter your answers and thoughts, and then save this document to your computer for future reference.

What is race to you?	
Is race science based, or a social construct?	
How does your race impact you on a day to day basis?	
Are there any unique events that have occurred exclusively because of your race?	
Additional Thoughts: What was your 'a-ha' moment (moment of surprise or new information)? What was your 'hurt' moment (feeling of discomfort)? What will you do differently?	