Personal Action Plans

Knowledge Building

The areas of knowledge I really need to work on are: (Rank from 1 to 7)

_____ History of Racism
_____ History of Resistance to Racism
_____ White Privilege
_____ White Racial Identity
_____ Building an Anti-Racist Practice
_____ Roots, Cultural Histories, and Assimilation
_____ Intersections of race with other social positions

The people who could support my growth in this area include:

_________________________________________________
_________________________________________________
_________________________________________________

The context that would suit me best would be: (Mark all that apply)

_____ Conferences  ______ Books  ______ Informal gatherings
_____ Meetings  ______ Workshops  ______ Friends/Family
_____ Other (describe)  _______________________________________

Skills Building

Some areas I really need to work on are: (Mark all that apply)

_____ One on one situations
_____ Small groups of people I know
_____ Large groups
_____ Challenging powerful figures
_____ Challenging close friends and family
_____ Multiracial contexts

On the scale below, rate how much you would like to have some practice sessions scheduled where you could do some “role playing” with peers who could help you develop your skills at responding to racism?

Not at all        5
                1  2  3  4

The skills I feel most confident with and could help support others include:

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
Capacity Building

My tendency when faced with challenging situations involving race is to: (Mark one or two)

_____ Escape  _____ Argue  _____ Stay silent  _____ Other

I am able to control my emotions in order to make different choices to the following degree:

Not at all  1  2  3  4  5  Very Much

To improve in my capacity to deal with these situations, I would like to:

__________________________________________________________

The people I would like to work with on this are:

__________________________________________________________

__________________________________________________________

Community Building

For me, the following type of structure would be most helpful for my development:

_____ Multiracial
_____ Racially caucused
_____ Both types of groups

I would prefer to have meetings/gatherings that are: (mark one)

_____ Highly structured (like this series)
_____ Semi-structured
_____ Informal discussions (with no agendas)

I would like meetings/gatherings to work on: (mark all that apply)

_____ Building knowledge
_____ Building skills
_____ Building capacity
_____ Building community
_____ Other: ______________________________
_____ Other: ______________________________
_____ Other: ______________________________

I would like to use additional workshops formulated like this series:  YES  NO

I would be willing to commit to additional meetings after this series in order to continue this work in a collective process:

YES  NO