



*Understanding Belonging: Empowering Everyone to Build an  
Inclusive Culture*

Sources and Additional Resources for Extended Learning

Modules 1-4

	Module 1	Module 2	Module 3	Module 4
Videos	1. <a href="#">Breaking Stereotypes</a>  3. <a href="#">Before You Call the Cops</a>	1. <a href="#">Unconscious Bias Test</a>  2. <a href="#">Unconscious Bias - Leadership and Management</a>  3. <a href="#">Black Teen Pulled Over Driving with White Grandmother</a>  4. <a href="#">Why Mindfulness is a Superpower</a>	1. <a href="#">Ethics Defined - Values</a>	1. <a href="#">The Psychological Effects of Feeling Excluded</a>  2. <a href="#">Beyond Differences - Teen Stories of Isolation</a>  3. <a href="#">Why Belonging at Work Matters</a>  4. <a href="#">What Does 'Belonging' in the Workplace Mean to You?</a>
Books			1. <a href="#">The Book of Qualities</a>  2. <a href="#">Man's Search for Meaning</a>  3. <a href="#">Understanding</a>	

			<a href="#">and Clarifying Your Values</a>	
Articles	<ol style="list-style-type: none"> <li><a href="#">Five Real-World Examples of Unconscious Bias</a></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Categories, Essentialism, Race and Culture: Psychology Today</a></li> <li><a href="#">The Science of Empathy</a></li> <li><a href="#">Unconscious Bias in Teaching</a></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">6 Core Values and 5 Emotional Intelligence Skills Leading to Sound Ethical Decisions</a></li> <li><a href="#">The Impact of Sense of Belonging on the Children of Migrant Workers</a></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">6 Ways to Foster Belonging in the Workplace</a></li> <li><a href="#">The Value of Belonging at Work</a></li> <li><a href="#">Ostracism More Damaging Than Bullying at Work</a></li> <li><a href="#">Impact of Sense of Belonging on Children of Migrant Workers</a></li> <li><a href="#">The Pain of Social Rejection</a></li> </ol>
Websites	<ol style="list-style-type: none"> <li><a href="#">Breaking The Prejudice Habit</a></li> <li><a href="#">Marginalization: The Pendulum Swings Both Ways</a></li> <li><a href="#">Comfort in Social Situations Worksheet</a></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Project Implicit Quiz</a></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Colorlines</a></li> </ol>	

Modules 5-7

	Module 5	Module 6	Module 7
Videos	<ol style="list-style-type: none"> <li><a href="#">1. "Teach Us All" Documentary Explores Educational Inequality</a></li> <li><a href="#">2. Adam Ruins Everything: How Race Settled the Suburbs</a></li> <li><a href="#">3. Justice Matters</a></li> <li><a href="#">4. TED TALKS LIVE Short - Unconscious Bias</a></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">1. The Most Inspirational Video - Empathy</a></li> <li><a href="#">2. Some Teens Lack Empathy for Others</a></li> <li><a href="#">3. Different - Award Winning Short Film</a></li> <li><a href="#">4. Empathy Leadership - Inspirational Video</a></li> <li><a href="#">5. New Heineken Ad</a></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">1. Before You Judge Someone - Watch This</a></li> <li><a href="#">2. What is Virtual Reality?</a></li> <li><a href="#">3. How Experiencing Discrimination in VR Can Make You Less Biased</a></li> <li><a href="#">4. Perspective Taking</a></li> <li><a href="#">5. SHIFT Infection Prevention VR</a></li> </ol>
Articles	<ol style="list-style-type: none"> <li><a href="#">1. Moving Beyond Diversity to Racial Equity</a></li> <li><a href="#">2. How to Reduce Implicit Bias</a></li> <li><a href="#">3. 5 Ways to Move the Needle on D&amp;I in 2019</a></li> <li><a href="#">4. What is a "Social Justice Framework?"</a></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">1. How to Be More Empathetic</a></li> <li><a href="#">2. If You Can't Empathize with Your Employees, You'd Better Learn To</a></li> <li><a href="#">3. To Get Employees to Empathize with Customers, Make Them Think Like Customers</a></li> <li><a href="#">4. Stop Trying to Fix Your Partner's Feelings</a></li> <li><a href="#">5. If You're Stressed, You Need Empathetic Friends</a></li> <li><a href="#">6. Psychology Today - Empathy</a></li> <li><a href="#">7. Psychology Today - Anxiety</a></li> <li><a href="#">8. How to Show</a></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">1. What is Perspective Taking?</a></li> <li><a href="#">2. Perspective Taking Exercise:</a></li> </ol>

		<p><a href="#">Empathy</a></p> <p>9. <a href="#">Erasing the Stigma</a></p> <p>10. <a href="#">Why the World Needs an Empathy Revolution</a></p> <p>11. <a href="#">The Science of Empathy</a></p> <p>12. <a href="#">The Sunday Read: 'On Female Rage'</a></p> <p>13. <a href="#">Power of Empathy: 3 Ways that Empathy Can Improve Your Life</a></p> <p>14. <a href="#">Perspective Taking Combats Automatic Expressions of Racial Bias</a></p> <p>15. <a href="#">Why Some People Lack Empathy</a></p> <p>16. <a href="#">What is Empathy and How Do You Cultivate It?</a></p> <p>17. <a href="#">Eight Ways to Improve Your Empathy</a></p>	
Websites		<p>1. <a href="#">Guide to Allyship</a></p>	