

Interventions to help reduce stereotype threat

Empirically validated interventions and strategies

1. Remove cues that trigger worries about stereotypes
2. Convey that diversity is valued
3. Create a critical mass
4. Create fair tests, present them as fair and as serving a learning purpose
5. Value students' individuality
6. Improve cross-group interactions
7. Present and recruit positive role models from diverse groups
8. Help students manage feelings of stress and threat
9. Support students' sense of belonging
10. Convey high standards and assure students of their ability to meet them
11. Promote a growth mindset about intelligence
12. Value affirmations to reduce stress and threat

ed.stanford.edu/sites/default/files/interventionshandout.pdf