

# Appendix 3.1

## Culturally Sustaining Checklist: Mitigating Microaggressions

On a scale of 1–4, please select how much you agree or disagree with the following statements.

1 = Strongly Disagree

2 = Disagree

3 = Agree

4 = Strongly Agree

ON A SCALE OF 1–4, INDICATE YOUR LEVEL OF AWARENESS.	AWARENESS	NOTES FOR FURTHER DEVELOPMENT:
	I am aware of what a microaggression is.	
	I am aware that there are different types of microaggressions.	
	I am aware of how microaggressions can impact educational experiences for students.	
ON A SCALE OF 1–4, INDICATE YOUR LEVEL OF KNOWLEDGE.	KNOWLEDGE	NOTES FOR FURTHER DEVELOPMENT:
	I know the definitions of different types of microaggressions.	
	I know how each type of microaggression can impact teaching and learning.	
	I know the value of using microresistance to address microaggressions in the classroom.	
ON A SCALE OF 1–4, INDICATE YOUR LEVEL OF SKILL.	SKILLS	NOTES FOR FURTHER DEVELOPMENT:
	I can articulate to colleagues the danger of microaggressions in education.	
	I can provide an example of each type of microaggression in in-person and online learning environments.	
	I can maximize my own microresistance efforts.	