Recognizing Microaggressions: Am I Doing That?

INTRODUCTION

Experiencing microaggressions can lead to serious feelings of doubt when it comes to self-worth, productivity, and security. What are microaggressions and microbullying? Am I committing them? How do they impact the person who experiences them?

In this course – which is broken into six 5-minute blocks – speaker Noma Anderson illuminates these concepts and guides us through purposeful reflection activities that reduce the likelihood of committing microaggressions, ensuring a safer environment for our colleagues and clients, and thereby facilitating more effective communication.

LEARNING OUTCOMES

You will be able to:
- Define microaggressions and microbullying, and describe their impacts
- Identify and manage tendencies to commit microaggressions

CONTENTS

Introduction to Microaggressions ............................................................... 5 min.
Review Examples ..................................................................................... 5 min.
Plan ........................................................................................................ 5 min.
Practice .................................................................................................... 5 min.
Reflect ...................................................................................................... 5 min.
Learning Assessment .............................................................................. 5 min.

PROGRAM HISTORY and IMPORTANT INFORMATION

Recording date: December 2020
End date: January 1, 2026

To earn continuing education credit, you must complete the learning assessment on or before January 1, 2026.

This course is offered for 0.05 ASHA CEUs (Intermediate level, Related area).

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