

Shielding Students From Stereotypes Helps Way More Than We Thought

February 01, 2016

The Huffington Post:

We all know that negative stereotypes exist and that as a result, people may be discriminated against or denied access to resources without justification.

But there's another disturbing effect that often goes unnoticed. It turns out that "stereotype threat," or simply knowing that others view you as a negative stereotype, may impair your academic performance.

Scientists have long known about psychological exercises that can reduce the effects of "stereotype threat," but now it seems that such exercises not only benefit those experiencing this, but also the people around them.

Read the whole story: [The Huffington Post](#)