



THE iMPACT OF LABELS AND COGNiTiVE BiASES



la fabrique ā bonheurs
Académie de la Psychopédagogie Positive

Allagi



TIPS AND RECOMMENDATIONS

1
BECOME AWARE
OF YOUR
BIASES

2
ADOPT
A REFLECTIVE
STANCE

3
STRENGTHEN
POSITIVE
EXPECTATIONS

4
VARY
ASSESSMENT
SOURCES

5
ENCOURAGE
DIALOGUE





ENCOURAGE DIALOGUE:

Establish positive and trusting relationships with your students. Open dialogue not only helps better understand their needs but also deconstructs the labels that you or your colleagues might unconsciously assign to them.



VARY THE EVALUATION SOURCES:

Avoid relying solely on impressions or occasional behaviors to judge a student's abilities and behaviors. Use multiple types of assessments (oral, written, group work) and observation to better understand their actual skills.



BECOME AWARE OF YOUR BIASES:

Be attentive to your first impressions and judgments about students. Identify moments where you might be influenced by stereotypes or unfounded expectations. Awareness is the first step to reducing their impact.



ADOPT A REFLECTIVE POSTURE:

Regularly question your teaching practices. After a difficult situation, take the time to reflect on your reactions and ask yourself: “Did I treat this student fairly and equitably?”, “Were my expectations appropriate?”

REINFORCE POSITIVE EXPECTATIONS :



Cultivate high but realistic expectations for each student. The Pygmalion effect shows that positive expectations enhance student success. Encourage them by valuing their potential, regardless of their starting level.



"The role of cognitive biases in the classroom" - Michael Mills



"Mindset: The New Psychology of Success" by Carol S. Dweck



"Find your marigold" by Jennifer Gonzalez



"Your body language may shape who you are" by Amy Cuddy



Teaching Tolerance



TEACHING TOLERANCE

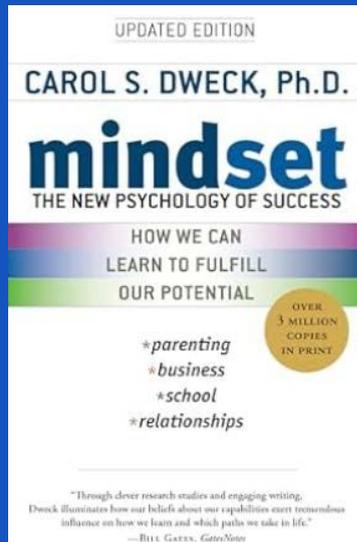
This project by the Southern Poverty Law Center provides free resources for educators to promote diversity, equity, and inclusion. It offers a variety of articles, lesson plans, and professional development opportunities focused on understanding and addressing bias and stereotypes in education.



"YOUR BODY LANGUAGE MAY SHAPE WHO YOU ARE" BY AMY CUDDY (TED TALK)

In this popular TED Talk, social psychologist Amy Cuddy discusses how body language affects how others see us and how we see ourselves. She highlights the importance of self-perception and the biases we can carry, offering insights on how to combat these biases through awareness and body language adjustments.





"MINDSET: THE NEW PSYCHOLOGY OF SUCCESS" BY CAROL S. DWECK

This influential book discusses the concept of a growth mindset versus a fixed mindset. Dweck explores how our beliefs and labels can impact student performance and motivation, providing strategies for fostering a positive learning environment.



"THE ROLE OF COGNITIVE BIASES IN THE CLASSROOM" - MICHAEL MILLS TED-ED EDUCATOR TALKS

Educator Michael Mills explains how common cognitive biases—like the Dunning-Kruger effect and Fundamental Attribution Error—can hinder teachers from truly connecting with students who perceive the world differently. He encourages teachers to become more aware of these mental barriers and adopt a more reflective approach to overcome them.



"FIND YOUR MARI GOLD" BY JENNIFER GONZALEZ

The article uses the metaphor of marigolds—supportive, positive colleagues who help new teachers grow and thrive. It contrasts marigolds with “walnut trees,” colleagues who are negative and can hinder growth. The article highlights the importance for new teachers to surround themselves with encouraging people to build confidence, resilience, and a sense of belonging in their profession.

