



Find Out How Diverse is Your Universe?

This activity is based on an exercise first posted by the University of Houston's Center for Diversity and Inclusion, Division of Student Affairs and Enrollment Services.

Directions: Below are a series of prompts about the people you engage with on a regular basis. For each individual you'll place a bead/candy in your glass. Each color stands for a group of people (i.e. M&M's: Red - Latinx, Yellow- African American, Green- LGBTQ, Brown- Person with a Disability, Blue- Caucasian, Orange- Asian) Depending on the number of groups, you may need to use both M&M's and Skittles. Some individuals may be included in more than one group. That's ok.

Supplies: Clear Glass/Cup Colored Beads or Candy (M&M's or Skittles or Both)

Put a bead or candy in your cup that represents all of the following people:

- **You**
- **Elementary school (predominately)**
- **People whose home you regularly visit**
- **Significant Other**
- **High School (predominately)**
- **Company's customers**
- **Closest Friend(s)**
- **Teachers (predominately)**
- **Posters in your home/ office are by artists/ themes that are**
- **People with whom you worship**
- **People in your social circle**
- **Friends with whom you socialize outside of work**
- **Neighbors on either side of your home**
- **Author of the last book you read**
- **The person who you most admire**
- **Your doctor(s)**
- **Actors in the last movie you watched**
- **People in your favorite music group or band**
- **Your dentist**
- **People who regularly visit your home**
- **Your co-workers**
- **Your boss/supervisor**

Reflection: Looking at the colors in your cup how diverse is your universe? Did you consider yourself to be someone who often interacted with others? Do you still? What did the visual representation show you?





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Who's in my world?

The matrix below will help you determine your own exposure to diversity. First begin with the groups you personally identify with. Continue by recording the groups people in your every day life identify with. Then look for gaps where you can focus on increasing your network.

	African American	Latinx	Asian	LGBTQ	Caucasian	Person from a different generation	Person with a disability
I AM							
Co-workers							
Boss							
Elementary School							
High School							
College							
Best Friend							
Dentist							
Doctor							
Customers							
Characters in the books I read							
Movies I watch							
Church							
Favorite Music Artist							
Friends I socialize with							
Neighbors							