



Chapter 2 Additional Resources

Let's Take a Look at the Cultural Lens



Is there such thing as reality?

Or, instead, is everything a construction of our own unique take on the world, as perceived through the lenses we wear?

"I was in Brussels, sitting on La Grand-Place, which is a beautiful square in the town centre.

Suddenly, a man came and sat next to me, and started talking to me.

I asked myself "Why is he talking to me?"

Suddenly, I realized, "Julian, you're becoming Norwegian".

So I turned to the man and I said. "Sorry, I live in a country where people don't speak to each other!"



In this video, Julien Burrelle, explores the concept of the Cultural Lens in more detail.

As we explore in Chapter 2 of the course, he further explains the different ways you can interpret the world by changing the glasses you wear.



[Click here to watch.](#)

Stereotypes and Bias

The Implicit Association Test

Since most of us are unaware that we have biases, a team at Harvard University devised an online questionnaire to help people recognise the associations that many of us have in respect to factors such as skin colour.

This questionnaire is called the 'Implicit Association Test'.

The test is not without its critics, but data collection has so far shown that most people have a preference for their own race and that they also have biases against older people.



[Click here to give it a go!](#)

