MODULE F: MENTAL CHECKLIST

F. Mental Checklist

Context
Participants will begin to develop a tool for promoting behavior change to address white privilege and its consequences at systemic and individual levels, using specific kinds of questioning. They will begin to develop their own set of self-directed questions as an early step. Participants will have other opportunities to add questions and apply the tool over the course of the training, to help solidify their use of the tool post-training.

Objectives
• To introduce the term and begin to understand the purpose of having a “mental checklist”
• For each participant to begin to construct a customized mental checklist
• To make a case for the value of having a mental checklist of this kind

Things to Anticipate
• We encourage facilitators to create and apply a few of your own mental checklist questions well in advance of the training, so you can share your experiences with using them. You will want to review the PowerPoint slides that describe mental checklist questions before you try creating them, to make sure the types of questions you develop align with those characteristics.
**Flow** This module is designed to take 20 minutes.

![Flow diagram](image)

**Hardcopy Materials Required**

- Mental Checklist Handout

**PowerPoint Slides Content**

- Slide F1 – System of Inequity
- Slide F2 – Defining Mental Checklist
- Slide F3 – Mental Checklist Example Questions
- Slide F4 – Mental Checklist Reflection Questions
Facilitator Talking Points

1. Introduce concept, characteristics and use of the Mental Checklist Tool – 5 Minutes

*Show System of Inequity slide very briefly, as a reminder of the multiple ways white privilege can operate within that system.*

*Show slide F2 Defining Mental Checklist and share Mental Checklist Handout.*

- The mental checklist is a tool you create for yourself by constructing specific kinds of questions. You ask yourself these questions to help you identify actions you can take to address consequences of white privilege.
- You can use these questions every day, in all of the places where you have individual or collective influence or access.

*Ask volunteers to read the example questions on slide F3 out loud.*

2. Have each participant begin his/her own customized Mental Checklist tool – 5 minutes

*Show Slide F4 Mental Checklist Reflection Questions.*

See if you can generate two or three questions as a start of your own mental checklist. Try to construct them following the guidelines for effective strategic-type questions.

This is the start of an accumulating list we hope will be a genuinely useful tool. So make sure you hold on to your questions – in your journal, on the handout or in your computer, whatever works for you.

3. Have participants share in small groups – 5 Minutes

Share your questions with the others in your small group. See if others’ questions offer some possibilities for you to add a few more to your list.

4. Debrief and transition – 5 Minutes

*If appropriate, draw on your own experience with constructing and applying the Mental Checklist tool in a situation, particularly if the questions prompted you to act differently than you might have:*

- I developed some questions for myself and tried them out. One question I used was XX; the situation in which I applied it was XX, and the result for me was XX.

I think many of us use these kinds of questions in our lives already, but I encourage us to make it a conscious practice.