**INDIVIDUAL EXERCISE**

***Changing Others’ Perceptions of You***

**How do other people perceive you? Identify one element of how others perceive you that you are interested in changing. It could be a positive perception (maybe they think you are more helpful than you really are) or a negative perception (maybe they think you don’t take your studies seriously).**

1. What are the reasons why they formed this perception? Think about the underlying reasons.
2. What have you done to contribute to the development of this perception?
3. Do you think there are perceptual errors that contribute to this perception? Are they stereotyping? Are they engaging in selective perception?
4. Are you sure that your perception is the accurate one? What information do you have that makes your perceptions more valid than theirs?
5. Create an action plan about how you can change this perception.