# 🚣 Worksheet: Reframing Rigor —

# **Academic Excellence Without Erasure**

**Purpose:** This worksheet invites you to reflect on how "rigor" shows up in your academic or professional context, and how it might be reimagined to honor excellence *without* erasure.

#### Section 1: Unpacking Traditional Rigor (10–15 minutes)

**Prompt:** How is "rigor" defined or enforced in your current environment?

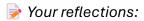
- What behaviors, outputs, or standards are considered "rigorous"?
- Who benefits from this definition? Who might be excluded?



#### Section 2: Naming What Gets Erased (10–15 minutes)

**Prompt:** Think of a time when a student, colleague, or community member's brilliance was overlooked because it didn't fit a dominant academic mold.

- What was lost?
- What alternative ways of knowing or expressing were present?



#### Section 3: Reframing Rigor (15-20 minutes)

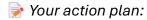
**Prompt:** Based on the blog post, how might you redefine rigor in your context?

- What values would your definition center?
- What would it look like in practice?
- Draft your personal definition of rigor:

### Section 4: Designing for Inclusive Excellence (20–30 minutes)

**Prompt:** Choose one area of your work (e.g., assignment design, evaluation, mentorship, leadership) and brainstorm how you could apply a reframed definition of rigor.

- What would change?
- What would remain?
- · How would you communicate this shift to others?



## **Section 5: Legacy Reflection (Optional)**

**Prompt:** How does reframing rigor contribute to your legacy as an educator, scholar, or leader?

• What impact do you hope this shift will have on future generations?

