



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?



Your reflections:

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?



Your reflections:

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?

 *Your action plan:*

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?

 *Your reflection:*
