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The world in which we live in today is full of negative and positive connotations. We must learn how to deal with the many challenges faced in today's society that may discourage our well-being and us. In order to do so we must find different ways to handle each of the situations. With a situation such as being characterized into a stereotype, we must learn how to face the individual or society head on but in a manner in which we are not coming off as a victim or profusely angry. Expressing ones opinion about anything is a very open gesture. While using many different words, one is entitled to their own opinion though it may not be suitable to all.

The term stereotype is defined as specific qualities assigned to people of different racial groups, ethnicities, sexual orientations, nationalities, positions and many other categories. Many stereotypes ultimately lead to acts of discrimination if expressed in a reoccurring manner. That is why it is important to avoid using stereotypes in a negative way at all cost. Even though stereotypes are predominantly used in a negative manner, some can be very rewarding depending on how they are being used.

Some of the stereotypes I personally have heard that are linked to Asians are things such as their eyes are very slanted, they all look alike, are not social, they are bookworms, Asian women are mainly good for video shoots and many media jobs, and that Asian women do not have any type of "body shape." I believe that these stereotypes are not true in some aspects. Many people from a different hemisphere may have similar features as others that may result in the stereotyped notion that "they all look alike." To some having similar features means looking alike, while to others it does not mean that unless the people being analyzed were born twins. Many people get very offended when someone is pointing out a feature on them whether they are Asian or not. It is important to not come off in a demeaning manner when approaching different people of races and ethnic backgrounds.

By targeting certain attributes on a person, that person may feel like it is necessary to alter that attribute whether its surgery or something else. Because we all are from different backgrounds, some may not know how certain people we are not used to being around act when being approached. Most of the time we seem to be unaware of what they are accustom to. Assumptions may very well bring offense if presented in the wrong manner.

Asians are often labeled as bookworms because they highly value education that may show as a result from class work, tests, etc. Being labeled as a bookworm can have a positive or negative outline attached. To say someone is a bookworm is either 1. Saying they are constantly

in their books studying or 2. Their life only consists of studying which is why someone makes such remarkable grades or findings. Now this stereotype is a very tricky one, which is why one should be very careful when presenting this to someone. There are people that take being a bookworm as a compliment like myself. That lets me know that someone sees that I am constantly working hard on my various types of class work. It also allows other to view me as a hard worker in that I take my education very seriously. On the contrast there are people that may take offense to it simply because they may be tired of hearing it being expressed many times, or may believe that the stereotype is being used in the second way I presented.

Bookworms can be any type of person from any decent, ethnic background, race, color, or creed not just Asians. In addition, because a person is being classified as a bookworm does not mean they are keen on studying. Someone can be very knowledgeable on a topic without having previous intense exposure to written documentation. The best way to deal or avoid this stereotype is to find alternate ways of saying someone is a bookworm that has an all around positive notation and by explaining the reasoning behind it. Some terms that can be used are things such as, smart, studious, academically excellent, and achiever just to name a few.

The media is a very tricky and misleading industry. Misleading by allowing us to only see the negative in different groups living arrangements, social statuses, and actions etc. and tricky by giving the notion that only certain ethnic backgrounds can hold certain positions in society. Modeling has become a fast growing industry since first brought about. Within this industry, many criteria must be met in order to have the job. Over the evolution of the time, the different casting agencies look for the next best thing the attributes may include but not limited to; very petite, some small, beautiful and exotic looking women to model in campaigns, videos, fashion shows etc. This is indeed another case were a stereotype is made for Asian women; they are good for video shoots (coined the term "video girls") and are beautiful for media jobs.

Beauty can apply to things such as, ones looks, traits, or even features. A person can believe someone exemplifies beauty through his or her facial or body appearance. It can also be described as the quality that can give pleasure to the five senses or the mind. Describing anything as beautiful is more of a personal opinion. Something beautiful to me could be rather not appealing to another individual, which is why I do not agree with the stereotype of Asian women being video girls or popular in the media because of their beauty.

My personal definition would have to be that beauty is a description of one's inner or outer appearance or trait. When one says something or someone is beautiful, most of the time they could be talking about inner as well as outer beauty. We may see one's inner beauty just by getting to know that person, seeing who they truly are on the inside. In order for one to say someone's inner appearance is beautiful, one could favor his or her personality traits. These traits in my opinion are what should really matter in the industry rather than physical appearance. While physical appearance may get someone very far in today's industry, what is inside may be far beyond the outside. Outer beauty is ones' personal opinion of another individual's

appearance. I also believe n defining ones' beauty, comparisons to other objects or people aids in personal opinion.

This stereotype is very misleading. It may be the look, the feature, or the personality of a person that gets them noticed but there is plenty diversity among this industry. Many of the time when someone sees a woman of Asian descent, they look very petite this is one of the attributes that leads to the thought of these women being perfect "video or campaign girls". A person of a certain ethnicity does not have to be linked to a specific job title because of their features. Now the certain criteria one job may want that an individual has may be a good thing for the individual seeking said job but that does not mean the jobs motives are always genuine. This can be very harmful on the persons being stereotyped. By telling a person they are the perfect image for the job or position or along the lines of it, can bring an ongoing thought that they must always remain perfect, which no one is. As for the person that lacks that image, they may feel as though they are not good enough. Both situations display acts of discrimination and can lead to individuals resulting in unhealthy habits, emotional thoughts, and or social denial among the subconscious mind.

I personally do not have any recommendation on getting rid of stereotypes. Assigning stereotypes are mainly based on opinions and as a stated before, one is entitled to their own opinion though it may not be suitable to all. There are thousands of stereotypes being used on a day-to-day basis, which makes it close to impossible to eliminate all of them. At the end of the day, everyone will have his or her own opinions about others whether good or bad. Instead of trying to get rid of the stereotypes, we as individuals should turn some stereotypes into something positive. Turning a stereotype into a positive thing is always something good to do. For example, when put into a stereotype in a particular group labeled as "ghetto" instead of trying to defend reasons as to why a person is not ghetto, explain that there is difference in the location verses the term being used as an attribute. We can also encourage others to find the good within a person instead of focusing on the bad. Alternatively, let your actions speak louder than your words. In many cases by showing someone rather than telling in ones defense can disprove a negative stereotype.