

# CU DPT DEI 2026 NEW YEARS RESOLUTIONS

As we enter the new year, we, as students and future healthcare providers, must commit to continual growth by becoming more inclusive in our practice. Let us grow together and explore meaningful ways to integrate diversity, equity, and inclusion into every aspect of our profession. Read below for some ideas you can add to your 2026 goals!



## CLINICAL PRACTICE

- [Commit to using patient-preferred language and pronouns](#)
- Adapt treatment plans to respect cultural, religious, and socioeconomic factors
- Use teach-back to ensure patient understanding

## EDUCATION AND SELF-GROWTH

- [Attend at least one DEI-related workshop or training](#)
- Follow and engage with diverse voices in healthcare
- Reflect on implicit bias in clinical decision-making



## ADVOCACY & COMMUNITY

- Advocate for accessible spaces and equipment
- Support underserved or marginalized populations
- Speak up when witnessing bias or inequity

## SELF-REFLECTION

- [Understand your goals, beliefs, and what truly matters to you](#)
- Take a moment to think after your session and reflect on your performance with your patient
- Reflect on any bias that may have occurred



## WHY THIS MATTERS

Tie DEI directly to patient care and outcomes.

- Improves patient trust and adherence
- Enhances therapeutic alliance
- Reduces health disparities
- Strengthens professional competence

This helps avoid DEI feeling “extra” or optional.