

## Introduction

Consider the iceberg as a model for exploring the concept of *culture*. Note what is above the surface and obvious -- things like language, food, and fashion -- and what is hidden below the surface -- from body language and notions of beauty that are near the surface to approaches to religion, decision-making, and problem-solving that are deep below and often more difficult to discern.

This is an opportunity for you to reflect on some of your deep cultural preferences. You can think of this activity as a way to start defining your own "personal iceberg", which may or may not align with the preferences of people around you. Deep cultural aspects are not immediately apparent to others and may not readily come to mind when you think of your own cultural preferences.

What are some of the most important values, beliefs and preferences you currently have? Please answer the prompts below.

This is a self-awareness exercise and there are no right or wrong answers. You will get the most benefit if you answer honestly without overthinking your answers.

1. When it comes to gender, I strongly believe that...
2. When it comes to family, I strongly believe that...
3. I believe that a good parent always...
4. I know I am courteous and respectful towards others when I...
5. I know I am being professional in the workplace when I...
6. I know I am being fair and ethical when I...
7. Some of the characteristics of the people I admire the most are...
8. When it comes to time and schedule, I tend to...
9. When I start a new relationship, I try to...
10. When interacting with elders, I tend to...
11. When I'm trying to be a good friend, I...
12. Some of the ideals that I cherish in life are...