

Part One: Self-Awareness is about understanding what has influenced your own inner worldview, as well as shaping your unique mix of values, strengths & weaknesses. After reading the article by Spencer-Oatey & Franklin, "Unpacking Culture," select 12 nouns which are a facet of your identity or groups with which you strongly identify. (e.g., your nationality, religious affiliation, ethnicity).

Who Am I?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.



Part Two: Please choose five questions from below.

1. Which ONE identity, of the items you listed, are you proudest of and why?
2. Which ONE identity, in particular, is shaped by your ethnic, regional or national background – in other words, you are who you are because of where you were born and how you were raised, not really because of conscious choices you have made?
3. Which ONE identity have you decided to adopt because it is a good fit for your personality, belief system, skills or interests? Explain why it is a good fit and what the process of joining this group was like (Were you welcome? Was it easy to gain entry? What did you have to do to prove you were now this new identity?).
4. Which ONE identity is most visible to other people (when you meet new people, they immediately recognized you as a member of that group because of the way you look, sound or behave)? What are the signs by which people recognize this identity?
5. Which ONE identity is least visible to other people (you would have to tell people you belong to this group for them to know that about you)? Do you actively try to hide this identity from others? If so, why? If not, why don't people see it?
6. Are there any identities that you did not claim on the worksheet that people you meet try to assign to you anyway? (Example: Your last name is Cortes; you must be a native Spanish-speaker.) Does it bother you when people assume that you have this identity? What do you usually do to try to let people know that you don't belong to that group?
7. Which TWO identities are most in tension with each other, and why? Give an example that illustrates how these identities interact. For example, Kris is a female pilot—not all that many pilots are women, and very few women are pilots, and she experiences moments of both disrespect (e.g., comments like, “You did that pretty well for a girl”) and admiration (“You are so adventurous”) because she belongs to both groups.
8. Which ONE identity causes the most conflict and/or miscommunications in your relationships, for example with your family, friends, significant other, classmates, teachers, governmental authorities, or the general public?
9. Which THREE identities, of the items you listed above on the worksheet, are most important to you? For ONE of these three, what are three values or beliefs that you share with other individuals who also hold this identity?
10. Name ONE stereotype that others sometimes hold about one of your identities, which is not consistent with who you are. (Example: I am American but I am not ignorant of world affairs.) Does it bother you when people assume that this stereotype is true of you? What do you usually do to try to avoid having others stereotype you?