

## Overview:

This lesson plan will challenge participants to reflect on instances when they experienced culture shock during study abroad. They will think about these unpleasant or confusing experiences and interrogate their reactions in those moments.

## Background and Information:

Culture Shock Absorber is adapted by Anthony Ogden, Associate Vice Provost for Global Engagement at the University of Wyoming, and uploaded to the UK Education Abroad Faculty Toolkit (see citation below). The origin of the original activity is unknown.

## Objectives:

As a result of this activity, participants will be able to:

1. "Develop greater awareness of multiple perspectives on intercultural encounters."
2. "Recognize the various categories of automated thoughts and identify [their] own style of reacting to intercultural differences."
3. "Moderate group openness to actively learning about culture-specific patterns of interpersonal interactions" (Ogden, 2009).

## Time:

1 hour

## Group Size:

Entire group

## Materials:

Copies of the Culture Shock Absorber Handout (in [Downloads](#)).

## Intercultural Development Continuum Stages:

- Polarization
- Minimization
- Acceptance

## AAC&U Intercultural Knowledge and Competence Goals:

Cultural Self-Awareness:

- To articulate insights into own cultural rules and biases (e.g., seeking complexity; aware of how their experiences have shaped these rules, and how to recognize and respond to cultural biases, resulting in a shift in self-description).

Openness:

- To initiate and develop interactions with culturally different others.
- To suspend judgment in valuing interactions with culturally different others.

## Knowledge of Cultural Worldview Frameworks:

- To demonstrate sophisticated understanding of the complexity of elements important to members of another culture in relation to its history, values, politics, communication styles, economy, or beliefs & practices.

## Other Skills:

Friendship, Diversity & Inclusion

## Links to Activity Instructions:

- [Culture Shock Absorber instructions on the UK Education Abroad Faculty Toolkit](#)

## Related Tools:

*Tools to use in conjunction with this activity:*

- [D.I.V.E. Model](#)
  - This activity provides participants with a framework for analyzing and handling ambiguity and cultural difference.
- [O-S-E-E](#)
  - O-S-E-E is another framework to help participants challenge their assumptions and rethink their initial reactions.

*Similar tools:*

- [Bridging Behaviors](#)
- [Culture Shock](#)
- [Culture Shock \(Hofstede\)](#)

*Related assessment tools:*

- [Curiosity and Exploration Inventory \(CEI-II\)](#)
- [Openness to Diversity and Challenge Scale](#)