Overview:

This lesson plan will challenge participants to reflect on significant cultural experiences as well as their academic growth in the context of global citizenship. They will keep a journal across the length of a course in order to track their development.

Background and Information:

Journaling Across Cultures is adapted by Duarte Morias, Associate Professor of Parks, Recreation, and Tourism Management at North Carolina State University, and Anthony Ogden, Associate Vice Provost for Global Engagement at the University of Wyoming. It is based on R. Michael Paige et al.'s Maximizing Study Abroad and is uploaded to the UK Education Abroad Faculty Toolkit (see citation below).

Objectives:

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

1. "Record meaningful experiences and reflections, and...see writing as a tool for cultural exploration and self-discovery."
2. "Integrate experiences and reflections into academic learning and personal growth."
3. "Understand that writing is not just a tool for displaying knowledge but also for acquiring knowledge" (Morais & Ogden, 2009).

Time:

30 minutes

Group Size:

Entire group

Materials:

Copies of the Journaling Across Cultures Handout (in both Links and Downloads), pens/pencils, notebooks for journaling.

Intercultural Development Continuum Stages:

- Denial
- 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).
Curiosity:

- To ask complex questions about other cultures.
- To seek out and articulate answers to these questions that reflect multiple cultural perspectives.

Links to Activity Instructions:
- Journaling Across Cultures instructions on the UK Education Abroad Faculty Toolkit

Related Tools:

Similar tools:
- Blog Abroad
- International Maymester Reflection Journal
- Lost in Translation
- My Experience in Pictures

Related assessment tools:
- Critical Reflection Rubric