

Overview:

This lesson plan will challenge participants to reflect more deeply on their personal values and see how they compare to others. They will be provided with a list of values and must rank them from "always valued" to "least valued." Then, they will discuss what causes individuals to develop different values.

Background and Information:

Core Values was adapted for use by the Program on Intergroup Relations, University of Michigan. It is published by the LSA Inclusive Teaching Initiative, University of Michigan (see citation below).

Objectives:

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

1. "Determine and prioritize their individual values."
2. "Appreciate the diversity of values."
3. Recognize "the cultural contexts in which their values emerged and how they learned to pursue some values over others."
4. "Consider the context in which this activity was constructed and how someone from a very different social context might have core values that are not specifically identified in this activity" (LSA Inclusive Teaching Initiative, University of Michigan, 2017).

Time:

30 minutes

Group Size:

Small group

Materials:

Copies of the Values Cards and the Values Map (both in [Links](#)).

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).

Openness:

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

Other Skills:

Friendship, Teamwork, Diversity & Inclusion

Links to Activity Instructions:

- [Core Values instructions on the LSA Inclusive Teaching website](#)

Related Tools:

Similar tools:

- [Human Values Continuum](#)
- [Linking Values with Culture Quiz](#)
- [Listening Deeply for Values](#)
- [Mapping My Cultural Values](#)
- [My Values](#)
- [Self-Awareness and Core Cultural Values](#)
- [Survey Your Values](#)