

## Overview:

This lesson plan will challenge participants to reflect on themselves and their culture while learning more about each other. In this activity, participants will be provided with a handout, and they will write their name, a culture with which they identify, a key message that they heard from someone influential, and their role/profession on a piece of paper that will then become a name tag. Then, they will share what they wrote with other participants.

## Background and Information:

This activity was created by Kate Berardo and was originally published in *Building Cultural Competence: Innovative Activities and Models* (see citation below). CILMAR staff have created a handout based on Berardo's version, which is available in the [Downloads](#) section of this tool. Additionally, see the following page for links to video demonstrations of this activity.

## Objectives:

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

1. "Gain insights into what drives fellow team members."
2. "Interact at a personal and powerful level from the start of a program."
3. "Set the tone for deep discussions on identity and cultural values" (Berardo, 2012, p. 143).

## Time:

45 minutes

## Group Size:

Large group

## Materials:

Sheets of colored paper, pens, tape/sticky tack, and handouts.

## 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.

**Other Skills:**

Friendship, Teamwork

**Links to Video Demonstrations of this Activity:**

- [One video demonstration of Voices from the Past](#)
- [A second video demonstration of Voices from the Past](#)

**Related Tools:**

*Similar tools:*

- [Cultural Autobiography](#)

*Tools to use in conjunction with this activity:*

- [Name Story, aka The Name Game](#)
- [Say My Name](#)