

Overview:

This lesson plan will challenge participants to embark on a journey of reflection. In this reflective activity, participants first identify a time in their lives where they asked to “go” somewhere unknown (an international experience, a relationship, a new community, a new career, a global pandemic, etc.). Then, they will answer a series of questions that enable them to reflect on that experience and how it changed them.

Background:

This activity was adapted by Dr. Jennifer Wiley, Core Collaborative International, based on work from Dr. Vesna Hart, James Madison University and Joseph Campbell's concept of the hero's journey (see the video linked in Materials).

Objectives:

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

1. Reflect on their experiences crossing cultures.
2. Move into an imaginal, narrative space as they consider what it means to become interculturally competent.
3. Identify the skills and tools needed to successfully navigate a different set of norms and behaviors.
4. Develop strategies for a smooth transition after “returning home” to their own cultural norms and values.

Time:

45 minutes

Group Size:

Entire group

Materials:

[What Makes a Hero? TED-Ed video on Joseph Campbell](#) and The Herox's Journey Reflection Sheet (in [Downloads](#)).

Intercultural Development Continuum Stages:

- 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.

Curiosity:

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

Activity Instructions:

1. Have participants watch the [What makes a hero? TED-Ed video on Joseph Campbell](#). This can either be assigned as homework, or the entire group can watch it together, if meeting in-person or in a synchronous virtual environment.
2. Ensure that each person has a copy or access to The Herox's Journey reflection sheet.
3. *Note:* If the facilitator would like participants to complete the reflection virtually, they might consider creating a Google Form or Qualtrics.
4. If completing the reflection in an in-person or synchronous virtual environment, the facilitator might ask if any volunteers would like to share their story, or they can ask participants to pair up and share their stories with each other.

Related Tools:

- [Beyond the Comfort Zone](#)
- [Changed or Not?](#)
- [Dancing through Reentry](#)