

# Who Am I?

## SELF-AWARENESS BUILDING: Journal Entry

The process for becoming diversity or intercultural conscious or culturally sensitive is to begin by getting to know yourself. Diversity or Intercultural consciousness consists of three interrelated components:

awareness + understanding/knowledge + diversity skills/action

The three of these components together increases our consciousness concerning the many differences and similarities that humans bring to a society or environment. You will begin this journey of being diversity conscious by developing self-awareness.

*(Vocabulary Words) What is intercultural and intracultural consciousness?*

- the prefix “inter” encompasses both domestic and international contexts and implies cultures interacting.
- Achieving consciousness implies an understanding of self and identity (*intrapersonal*: intra meaning within self), while interacting with others in a historical and socio-cultural-political context (*interpersonal*), leading to reflection (*cognitive-your thoughts*) that motivates actions (*behavior-your actions*).

**PART 1- Week 3:** Answer as many of these in you as you can. This is the **one page** requirement of this activity. Typed, 12 font, single-spaced, Arial or New Times Roman, 1- inch margins

- ✓ What kind of jokes does your family tell or spurn?
- ✓ What kinds of foods do you eat, especially at certain times of the year?
- ✓ What are your family expectations about education?
- ✓ Who lives with your family or whom do you visit often?
- ✓ What is the role of language within your family?
- ✓ Do you have an accent?
- ✓ How does the region of the country you are from affect you?
- ✓ What is your religion?
- ✓ What dances do you know?
- ✓ What holidays and ceremonies are important?
- ✓ What do you wear on special occasions?
- ✓ What music do you listen to?
- ✓ What things do you believe are right and wrong
- ✓ How important is your extended family?
- ✓ Where were you born?
- ✓ Where are your parents from?
- ✓ What qualities and characteristics make you unique, based on your diversity?

These questions are not limiting. They are suggestions about topics to think about when writing your history. You may expand the topics.

**PART 2 – Week 4 and 5:** Create a poster that describes your cultural history. This item should describe your identity. Use your essay to create your poster.