

Name \_\_\_\_\_

## Critical Self-Reflection Worksheet

Critical reflection is an important part of the learning process. As you go through the concepts and content of Foundations for Intercultural Competence & Global Engagement, please take the time to reflect on the critical thinking questions and provide your responses in the fillable boxes below.

### Culture Elements

#### Language

Consider this...

Have you ever been in a meeting and noticed how people participate in the discussion? Or thought that someone was not engaged in a conversation because they did not interject comments throughout? Or been frustrated at someone “interrupting” you? Think about how these situations might be indicators of cultural norms.

#### Concept of Time

How do you feel...

About being late for an appointment? What if someone else is late for an appointment with you?

### **Space/Proximity**

Think about...

What is your "comfort zone" when thinking about physical space or contact? If someone stands close to you or touches you when they are talking, how do you feel?

### **Gender Roles**

Have you ever thought about...

What you know about different gender roles? Have your ideas about gender roles changed from those that you were taught as a child?

### **Education**

Have you considered...

What is the purpose of education? What messages do you receive from your family or community about the importance of education? What forms of education are valued? Which are not?

## Cultural Identity

Identities you think about most often

Identities you think about least often

Your own identities you would like to learn more about

Identities that have the strongest effect on how you perceive yourself

Identities that have the greatest effect on how others perceive you

## Degrees of Cultural Awareness

Think about a time you had a disagreement or conflict with another person. Could an awareness of cultural differences have helped you navigate or resolve the disagreement or conflict. Could it have been resolved another way?

## Dimensions of Diversity

Pick five diversity dimensions listed in the Dimensions of Diversity Activity that describe who you are - the top five you think of when you describe yourself.

Review the factors of the four dimensions. Think about how the various factors influence the choices and decisions you made up to this point in your life. Which have had positive impact? Which have had negative impact? Which are you proud of? Which do you try to hide from others?

Looking at the factors again, think about those you have difficulties accepting. Which of the factors do you make snap judgments on? What factors cause you to try to avoid contact with others?

### **Generalizations and Stereotypes**

Consider the cultural profiles and how their gender, race, ability, age, sexuality, political, career, family, religious, economic and other life experiences are likely to have shaped their identities and values beyond their membership in their demographic groups.

How might some of their identities be interpreted and perceived when travelling outside of Canada?

Think about the similarities and differences in beliefs or values they might share. What might you expect each person to value in relation to Education? Family? Religion? Gender roles? We may have stereotypes about groups of people based on physical characteristics of race, ethnicity or gender that do not in fact accurately represent all or even most of the people within that group.

Think about and describe a time or situation where someone made a generalization or stereotypical comment/assumption about you. Where do you think this came from? How did it make you feel?

Think about and describe a time or situation where you made a generalization or stereotypical comment/assumption about a person or group. Why do you think you made that assumption?

## Recognizing Communication Styles Activity

1. Do you think the employee showed up to work on Saturday?

2. Can you identify the misunderstanding?

3. Which communicator is using a direct/low context style?

4. Which communicator is using an indirect/high context style?

5. How could this situation have been remedied at the time?

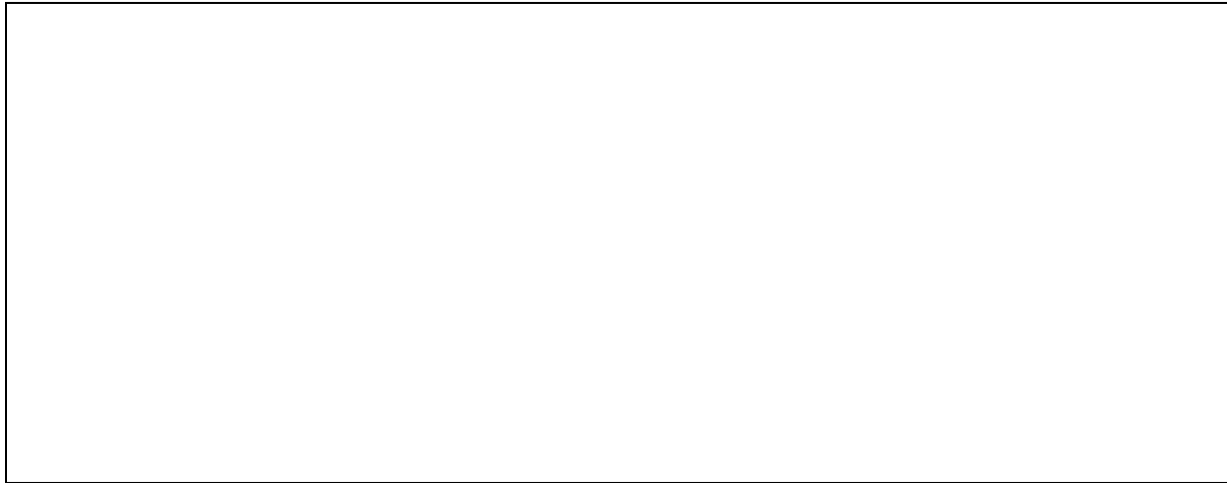
6. What other examples can you think of?

7. Describe your communication style and your expectations of others when they communicate with you?

## Cross Cultural Communication

Cross cultural communication | Pellegrino Riccardi | TEDx Bergen

Describe an experience where you interacted with people from different cultural backgrounds. What did you expect from people in that culture? How can you communicate effectively with culturally diverse people?



## Cultural Empathy

Was there ever a time in your life when you saw something one-way and someone else saw it differently? Is it true that two individuals can look at the same thing and see something different without either being wrong?

