**Exercise 1: Acknowledging Your Cultural Heritage**

* List the most important values you have received from your family:
* What cultural group do you belong to?
* How do you relate to people who are **NOT** in your culture?
* Have you ever been discriminated against because of your race, sexual orientation, gender identity, disability or spiritual and/or religious beliefs?
* What were those experiences like? How did you feel about them?

**Exercise 2: Personal Cultural Assessment**

***Sense of Self and Space***

1. How do you greet people you don’t know?
2. What is a comfortable talking distance between you and a colleague?

***Communication and Language***

1. If you were visiting a colleague, how would you let them know you were cold while in their home?
2. When you smile at someone, what does it mean?

***Dress and Appearance***

1. Is the way you dress important?
2. What does “dress for success” mean to you?

***Food and Eating Habits***

1. Do you have food restrictions? What drives them?
2. How do you eat food and behave at the table?

***Time and Time Consciousness***

1. Are you ever late for a meeting?
2. Do you consider time linear and finite or more elastic and relative?

***Relationships***

1. List who you consider family members.
2. Do you discuss important decisions with your family?

***Views and Norms***

1. How do you feel when you are praised in public?
2. Do you prefer working alone or in groups?
3. Do you discuss your thoughts, feelings, and problems with people outside your family?

***Beliefs and Attitudes***

1. How do you describe your religious practices?
2. When major decisions are made in your family, who participates?

***Mental process and Learning***

1. Do you prefer getting directions in words or with a map?
2. Do you learn best by listening, Taking notes, being involved in activities, seeing models, diagrams, graphs, etc., or by taking part in a lively conversations?
3. Do you like to get information one step at a time or see the whole process first?

***Work Habits and Practices***

1. How do you view your work: as a means of survival or a way to attain self-esteem and achievement?
2. Do you like to be given the opportunity to take initiative, or prefer to check with your boss before making a judgment or decision?
3. If someone upsets you, do you confront him or her directly or indirectly?