

## **SOCIOCULTURAL AWARENESS EXERCISE**

*The following exercise is intended to be a stimulus for dialogue about what we all bring from our own cultural experiences into the workplace daily. Who we are today has a lot to do with our past experiences or lack thereof as it relates to culturally similar and culturally different people. There are no right or wrong answers.*

*In terms of process, try following the flow of questions. Try to answer the questions in order, however responses to one question may lead to another. They are arranged in a building block fashion, with one thing leading the way for others. It is not the goal of this exercise to answer every question, but rather provide you with the opportunity to reflect on your own experiences and decide what you can share with others about who you are and where you have come from.*

1. Think about your family tree and list the ethnic and/or racial identities of those people e.g mom, dad, grandmother, etc
2. Describe the makeup of the neighborhoods where you grew up, such as racial/ethnic identities; geographic locations (urban, suburbia, rural, frontier); housing type (apartment, trailer, single family home, farm, boat, etc); socio-economic standing; atmosphere and/or environment.
3. Briefly describe your early perceptions of your parents' perceptions, attitudes, and actions toward ethnically, racially, and culturally different people.
4. Briefly describe one of your early life experiences with a culturally and racially different person (one positive and one negative).
5. What attitudes, perceptions, and behaviors do you find most difficult to discard when interacting with culturally and racially different populations in the early childhood setting?
6. Today, what from your past experiences and upbringing has informed your attitude, perceptions, expectations, and/or actions toward individuals with similar or different backgrounds? (i.e. racial, ethnic, cultural, socio-economic, educational, religious, etc)
7. Presently, where do you get your information about other populations? How much time to you spend learning about or interacting with individuals from populations different than your own? Would you say you are flexible with and adapt well to different people?
8. What have you learned and/or what are you feeling as a result of participating in this exercise?

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