

My Culture

Name _____ Complete by _____

Directions: Answer the questions below to help you identify some cultural influences in your life. To help you answer some of the questions, you are encouraged to discuss them with family members and friends.

1. What religion do you and your family practice?
2. What is your racial and/or ethnic background? (Examples include: Caucasian, Hispanic, African-American, Chinese, Italian-American, Iranian, Korean, half White and half Filipino)
3. In what part of the country do you live? (Examples include: east coast, west coast, south, midwest)
4. In what type of community do you live? (Examples include: small town in the country, suburb, city, inner-city)
5. How safe do you feel in your neighborhood?
6. How much time do you spend with extended family (aunts, uncles, grandparents, etc.)?
7. What holidays do you and your family celebrate? Which holiday is most important, and why?
8. What types of foods do you and your family eat? What are special foods for your family?
9. What type of music do you and your family listen to?
10. What kind of art do you and your family have hanging in your home?

Reflect on your answers for the first 10 questions before answering Number 11.

11. What are the major cultural influences in your life (list at least two)?