



Culture of You, Me, & We

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Reflection Workbook



Personal Reflection

Take a moment to reflect on the following question and record your thoughts below.

- What is your first impression of the presenter? It may include:
 - Physical appearance
 - Voice
 - Bio

Personal Reflection

Take a moment to reflect on the following question and record your thoughts below.

- How would you describe your culture to someone from another culture?
 - Cultural Tree (what is easy to see)
 - Cultural Roots (what is underneath)
 - Cultural Soil (what is deeply held)

Personal Reflection

Take a moment to reflect on the following question and record your thoughts below.

- What is your view of the presenter now? (Refer to your first impression on page 2 if needed)
 - What changed?
 - Why?

Personal Reflection

Take a moment to reflect on the following questions and record your thoughts below.

- What contributes to your personal culture?
 - Your childhood? Your family? Your community? Your experiences? Your education? Your work? Your inter-generational history?
- How does your personal culture influence how you see the world (your lens and filters)?

Personal Reflection

Take a moment to reflect on the following questions and record your thoughts below.

- When does the culture of your family give you strength?
- When has the culture of your family limited you?
- Where have you not fit in with your culture of origin?

Personal Reflection

Take a moment to reflect on the following questions and record your thoughts below.

- Think of a family member who your personal uniqueness overlaps with
- Think of a family member who your personal uniqueness does not overlap with

Personal Reflection

Take a moment to reflect on the following question and record your thoughts below.

- What do you most identify with in your unique personal culture?

Personal Reflection

Take a moment to reflect on the following question and record your thoughts below.

- Where have you seen and/or experienced cultural gaps?

Personal Reflection

Take a moment to reflect on the following question and record your thoughts below.

- What part of your identity gives you a sense of belonging?

Personal Reflection

Take a moment to reflect on the following question and record your thoughts below.

- What messages did you receive and from whom?
 - Consider your First Socialization
 - Taught on a Personal Level by Parents, Relatives, Teachers, Peers, Mentors
 - Reinforced by group affiliations (who you hang out with that is taught the same message)

Personal Reflection

Take a moment to reflect on the following question and record your thoughts below.

- What messages did you receive and from whom?
 - Consider Institutional and Cultural Socialization
 - Institutions, Culture Practices, Churches, Businesses, Schools, Legal System, Mental Health, Medicine
 - Television, Language, Media, Song Lyrics

Personal Reflection

Take a moment to reflect on the following questions and record your thoughts below.

- What Enforcements have you experienced?
- What either made you go along or rebel?
- How did those situations or expectations make you feel? (Results)

Personal Reflection

Take a moment to reflect on the following questions and record your thoughts below.

- Can you remember times when you went along with what you were socially taught?
- Can you remember times when you did not go along with what you were socially taught?
- Can you see how powerful our social conditioning is? (Our need to belong)

Group Reflection

Take a moment to reflect on the following questions and record your thoughts below.

- What did you learn from the Cycle of Socialization?
- What has shaped your beliefs about belonging and mattering through the lens of the Cycle of Socialization?
 - Your experiences? Your friendships? Your family? Your community? Your education? Your work? Social and cultural institutions? Media?

Group Reflection

Take a moment to reflect on the following question and record your thoughts below.

- What can you do when you step into a cultural pothole?

Group Reflection

Take a moment to reflect on the following questions and record your thoughts below.

- What are “American Values”?
 - Majority culture, Minority cultures, Unfilled Promise of the US, Unhealed wounds (ruptures)
- What are common human values?