

# Cultural autobiography

discovering one's cultural background, increasing awareness of sense of not belonging to only one culture

**Aim:** discovering one's cultural background, increasing awareness of sense of not belonging to only one culture

**Assignment description:**

Students should write thoughtful autobiography concerning cultural aspects of their life experience. This paper should include such aspects as: cultural background, family structure, specific rules values and norm that operate in your family and in your life, cultural traditions etc.

These are supporting questions:

- How would you define your cultural identity? Why do you choose to define yourself this way?
- Have there been experiences in your life when your avowed identity was in conflict with an ascribed identity placed on you by others? Explain.
- What experiences in life have helped to form your cultural identity?
- Briefly describe your family structure.
- What cultural celebrations or traditions are particular to your culture? What is the significance of these traditions? Does your family recognize these traditions?
- In what ways has your culture been taught to you? Be specific.
- How have your life experiences affected your relationships with and understanding of persons who are culturally different from you? [Allen 1998]

**Outcomes:** reflection on one's cultural background and thought that one is not typical member of its own culture