Understanding Your Own Diversity

SUPV 231

This exercise is used in diversity workshops across the country to stoke discussion among participants.

1. Where were you born?
2. Where did you grow up and how did that influence who you are today?
3. Where are your parents from? Where are your grandparents and great grandparents from?
4. What generation American are you? (excludes Native Americans of course)
5. How many siblings are in your family and are you the oldest, youngest, etc.?
6. How did your birth order influence who you are today?
7. As a child, which adult had a major influence in your life and why?
8. What do you remember most about your favorites holidays and traditions as you were growing up?
9. What unique qualities and characteristics do you possess that come from your unique upbringing?
10. What was your most memorable encounter with someone from another culture/race?
11. Describe a time you experienced prejudice or discrimination?
12. Please describe a risk or a surprise about you that no one can tell by looking at you.

When you went through this exercise, was there anything else that came to mind? Your questions and concerns are welcome. Please participate in the discussion if you are comfortable doing so.

Thanks!

Susan