**Chapter 15: Classroom Activities**

These classroom activities can be used to illustrate several of the themes in the chapter applying the principle that "one in the eye is worth two in the ear." By participating in an activity the otherwise abstract becomes more real. Several ways of using these activities are discussed in the introduction to this book.

**CULTURAL BIAS**

Objective

To become more aware of other ways to approach a situation. One important barrier to cross-cultural communication is your own cultural bias. If we are limited to understanding all other people from our own cultural point of view, then we are trapped by a limited and rigid set of rules.

Procedure

In the following list, circle your own cultural bias for, and underline your prejudice against specific cultural characteristics.

Cultural Bias Checklist

Circle five adjectives describing people you like, and underline five adjectives describing people you do not like to be around. You may add adjectives of your own. Wherever possible, relate the adjectives to specific cultural groups.

adventurous good listener shy

false helpful soft on subordinates

affectionate indifferent to others stern

ambitious intolerant submissive

appreciative jealous successful

argumentative kind sympathetic

neat optimistic tactful

competitive loud talkative

complaining independent teasing

considerate of others orderly thorough

distant needs much praise thoughtful

dominating obedient touchy, cannot be kidded

easily angered rebellious rusting

easily discouraged responsible uncommunicative

easily influenced sarcastic understanding

efficient discourteous varied interests

enthusiastic self-centered very dependent on others

forgiving self-respecting well-mannered

fun-loving self-satisfied willing worker

gives praise readily shrewd, devious warm

Insight

We each have our own cultural biases.

Adapted from Anne Pedersen, Cross-Cultural Concepts--unpublished manuscript

**CULTURE SHOCK LADDER RATINGS AND SYMPTOM CHECKLIST**

Objective

To help students measure the presence or absence of symptoms of culture shock in their own lives.

Procedure

1. The ladder below represents a set of positions ranging from life at its worst (0) to life at its best (10), as you view it personally. All things considered, where on the ladder do you feel you stand personally at the present time?

Step Number

10------------------------10

9------------------------ 9

8------------------------ 8

7------------------------ 7

6------------------------ 6

5------------------------ 5

4------------------------ 4

3------------------------ 3

2------------------------ 2

1------------------------ 1

0------------------------ 0

2. How often in the past two weeks or so have you experienced the following reactions or feelings (circle your response, from 0 to 4, for each item).

Not at Almost

All Rare Occasionally Frequently Always

Anxious (worried or fearful 0 1 2 3 4

about something)

Depressed 0 1 2 3 4

(unhappy, moody)

Sleep problems 0 1 2 3 4

Digestion, 0 1 2 3 4

elimination problems

Tired, fatigued 0 1 2 3 4

Angry, irritable, impatient 0 1 2 3 4

Lonely 0 1 2 3 4

Forgetfulness 0 1 2 3 4

Hard time concentrating 0 1 2 3 4

Feeling of being "different," 0 1 2 3 4

not fitting in or belonging

Nostalgia for remembered 0 1 2 3 4

pleasures

Insight

A person may be experiencing more -- or less -- culture shock than he or she imagines.

\*Thomas Coffman 1978. Permission was received to include this exercise.