

UABLEARNDEVWHISPER

A Weekly Publication of Learning

What is Your Culture?

Culture goes beyond our language, food, holidays, and attire. It includes our values, beliefs, and behavior. To truly understand each other, we should first examine and reflect on our own culture. In doing so, we can then begin to understand and appreciate the similarities and differences of other cultures.

EXPERIMENT:

- Learn more about your culture by talking to your family – especially your elders. Ask questions about their values, beliefs, and history. Ask the hard questions. A few examples are below:
 - What are your core values & beliefs--Why do you value these?
 - Where did your/our values and beliefs come from?
 - How have your values and beliefs changed over time? Why?
- Write down your top five personal values and beliefs. Ask yourself the same questions as above. Can you explain them to others so they would understand?
- Talk with your friends. Ask them about their values and beliefs, so you can feel safe before stretching your horizons with others

KEEP ON LEARNING*

- ▶ Watch the LinkedIn Learning video, "[What is Culture?](#)" (3m 21s). Mary Frances-Winters does a great job of challenging your values and beliefs and where they originate.
- ▶ Check out the YouTube video, "[What is Culture?](#)" (1m 17s) from the U.S. State Department's Bureau of Educational and Cultural Affairs'.
- ▶ Here's a great read, [Melting Pot: The Importance of Knowing Your Cultural Roots](#). An older article but a great read nonetheless!