LVCA Cultural Adjustment Workshop

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Agenda

- How do we define “culture”?
- The cultural iceberg.
- The symptoms and timeline of culture shock and adjustment.
- Basic skills / “soft skills”.
- Tips, techniques, and materials for fostering cultural adjustment.
What is “Culture”?
Definition / Merriam-Webster Dictionary

- the integrated pattern of human knowledge, belief, and behavior that depends upon the capacity for learning and transmitting knowledge to succeeding generations
- the customary beliefs, social forms, and material traits of a racial, religious, or social group
- the characteristic features of everyday existence (such as diversions or a way of life) shared by people in a place or time
- the set of shared attitudes, values, goals, and practices that characterizes an institution or organization
Definition

- What are some components or specific examples of *culture*?
Definition

Culture

- Art / Drama / Music
- Attitudes
- Beliefs
- Language
- Customs
- Food
- Faith / Religion
- Behaviour
- Rituals
Culture can be confusing, especially for newcomers.

- Some things about a culture are easy to see.
- Other things, not so much..
Greetings
Religion
Sports
Guns
Alcohol
Role of Women
Education
History
Resulting in Culture Shock
Culture Shock

- Culture shock is an experience a person may have when one moves to a cultural environment which is different from one’s own.
- It is also the personal disorientation a person may feel when experiencing an unfamiliar way of life due to immigration or a visit to a new country.

Wikipedia
Culture Shock

- If you woke up tomorrow in Kamaria, what might you miss most about American culture?
- How would you feel if you knew only a little of the language?
- How might you cope?
Symptoms of Culture Shock

- Loneliness
- Loss of identity
- Lack of confidence / fear
- Longing for family and home
- Anger, irritability
- Aches, pains
- Feeling depressed, powerless, isolated
- Dislike of the new country and all the people in it!
Stages of Culture Shock / Adjustment
Skills Needed in a New Country

Basic / Survival Skills

Cultural Competence / “Soft Skills”
Skills Needed in a New Country

**Basic / Survival Skills**
- Saying and writing full name, address, phone number
- Emergency / 911
- Money / paying bills
- Telling time / days of week / schedules
- Transportation
- Identifying and buying food
- Accessing health services
- Accessing education services
- Finding employment
- Housing

**Cultural Competence / “Soft Skills”**
- Polite speech: please, thank you, etc.
- Greetings: hello, good morning, etc.
- Punctuality
- Holidays, celebrations, special foods
- Body language, personal space
- Menus, dining out, tipping
- Appropriate / inappropriate topics of conversation at work or social situations
- Roles of men and women
- Diversity and tolerance in U.S.
- American concepts of equality and individual freedom
- American history, geography, government
- Public participation, voting, volunteering
Cultural Adjustment is..

- Not necessarily assimilation, but…
- Feeling comfortable in your new life and culture;
- Being able to successfully interact with Americans;
- Being able to access and use services and community resources;
- Being able to actively engage in the community;
- Understanding the values and some of the history and principles of the U.S.
Techniques / Tips / Materials for Fostering Cultural Adjustment
Modeling / Mentoring
Modeling / Mentoring

- Greetings
- Eye Contact
- Punctuality
- Polite Speech
- Personal space
- Body language
- Role of men and women
- Providing encouragement and answering questions
Role Playing
Role Playing

- Asking for help, directions, clarification
- Making appointments
- Introductions / shaking hands
- Speaking on the telephone
- Ordering from a menu, tipping
- Discussion topics
- Others?
Role Playing / Discussion Topics

Talk Time Topics

Topic Categories

- Civics
- Communication Styles
- Culture and Customs
- Day to Day Matters
- Education
- Family, Friends, and Home
- Food
- Health
- Holidays and Seasons
- Jobs
- Money
- Recreation and Travel
- Safety
- Technology
- Transportation

The Topics

Civics
- American History
- Civil Rights
- Community and Citizenship
- Current Events
- Current World Problems
- Discrimination
- Environmental Concerns
- The Environment
- The Environment: the air, water, and land we use

Communication Styles
- Bear Story
- Body Language
- Cross-cultural Communication
- Communication
- Emotions
- Goodbyes
- Idioms and Slang
- Just Say No
- Ossesara
- Saying It Well
- Small Talk
- Small Talk 2010
- Small Talk and Conversation
- Storytelling
- Talking In People in the Community
- Workplace Communication
- Telephone Etiquette

Culture and Customs
- Art and Creativity
- Culture and Cultural Differences
- Culture Shock
- Culture Shock and Cultural Adjustment
- Culture in the US
- Gift Giving and Receiving
- Giving & Receiving Gifts
- Gossip
- Gratitude (Optimism)
- Gratitude (Thankyou)
- Honor

Day to Day Matters
- Asking for Help (Spring 2006)
- Asking for Help (2006)
- Asking for Help (2006)
- My Schedule and Routine
- Needs and Wants
Experiences
Experiences / Field Trips

- Library
- Post Office
- McDonalds
- City Hall
- Festivals of Cultures (Sat., May 11)
- Farmer’s Market / Grocery store
- Staple’s
- Others?
U.S. History and Current Events
U.S. History and Current Events

- **News for You (print, online)**
- **Voice of America** website
- **USCIS website**
- Daily Progress
- Biographies and stories about famous Americans
U.S. Says There Are Limits to Reuniting Migrant Families

Report finds that more children were taken from their parents than the public was told.
Group Uses Leftover Food to Feed the Hungry
USCIS Citizenship Resources

Citizenship Resource Center
USCIS Announces FY 2018 Citizenship and Assimilation Grant Program Award Recipients

LEARNERS
- Should I Consider U.S. Citizenship?
- Learn About Naturalization
- Apply for Citizenship
- Study for the Test
- Find Help in Your Community
- Attend an Information Session
- Understand Rights and Responsibilities
- Naturalization Resources in Spanish

EDUCATORS
- Educational Products
- Lesson Plans and Activities
- Training Seminars
- Naturalization Information
- Program Development
- Professional Development
- Supplemental Resource Links

ORGANIZATIONS
- Grant Program
- Citizenship Public Education and Awareness Campaign
- Civics and Citizenship Toolkit
- Community-Based Organizations
- Employers
- Libraries
- Local Governments
- Museums
- Receiving Communities
Popular Culture
Popular Culture

- **EL Civics for ESL Students**
- Catalogs and magazines
- Movies and movie trailers
- TV Shows
- PBS (some free content on website and Youtube)
- Fiction / readers
El Civics for ESL Students

Learn El Civics and ESL with pictures and easy words. The following EL Civics and U.S. History and Government lessons are now available: Statue of Liberty, Washington, D.C., American Bald Eagle, 50 U.S. States, and more. English Language Civics provides an easy way to learn about U.S. history, government, citizenship, geography, and culture. New lessons, worksheets, PowerPoint presentations and lesson plans are added to www.elcivics.com every week. This year we will focus on Literacy for Work, beginning level lessons for workplace literacy classes.

Civics and Government: Civics lessons with photos and fun activities for teachers and ESL students. Learn English and U.S. history and government for citizenship.
- Worksheets
- Citizenship Facts
- Historical Photos

Holiday Lessons: Fun activities for every month of the year. Students learn by viewing photos of holiday celebrations.
- Fun Activities
- Holiday Games
- Short Videos

ESL Worksheets: Hundreds of free worksheets to help ESL students learn English. Subjects include civics, life skills, holidays, and more.
- Short Stories
- Writing Prompts
- Picture Worksheets

Take a photo tour of the United States and learn about
Opportunities for Engagement
Opportunities for Engagement

- Being informed
- Becoming a citizen
- Voting
- Volunteering
- LVCA conversation groups, workshops
- Other English opportunities: ALC; UVA International Center; Dialogue Cafe
- Being involved in a place of worship
- Being involved in children’s education
- Being involved in the neighborhood
- Learning about the community
- Others?
Resources from the LVCA Library
Thank you!