LVCA Cultural Adjustment Workshop

Paige Zelikow
LVCA Citizenship Coordinator
paige@literacyforall.org

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

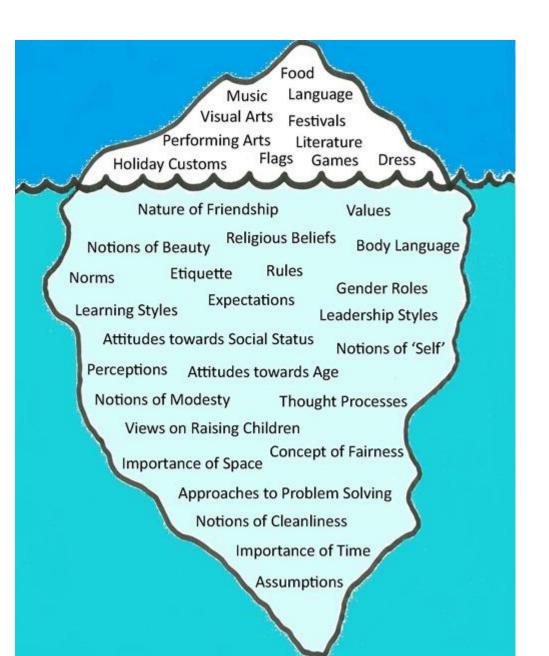
 What are some components or specific examples of <u>culture</u>?

Definition



Culture can be confusing, especially for newcomers.

- Some things about a culture are easy to see.
- Other things, not so much...



Greetings



Religion



Sports



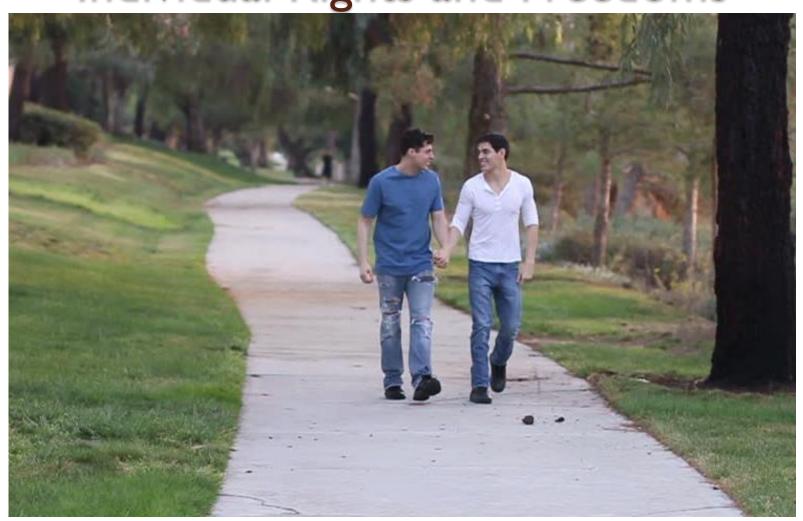
Guns



Alcohol



Tolerance & Acceptance / Individual Rights and Freedoms



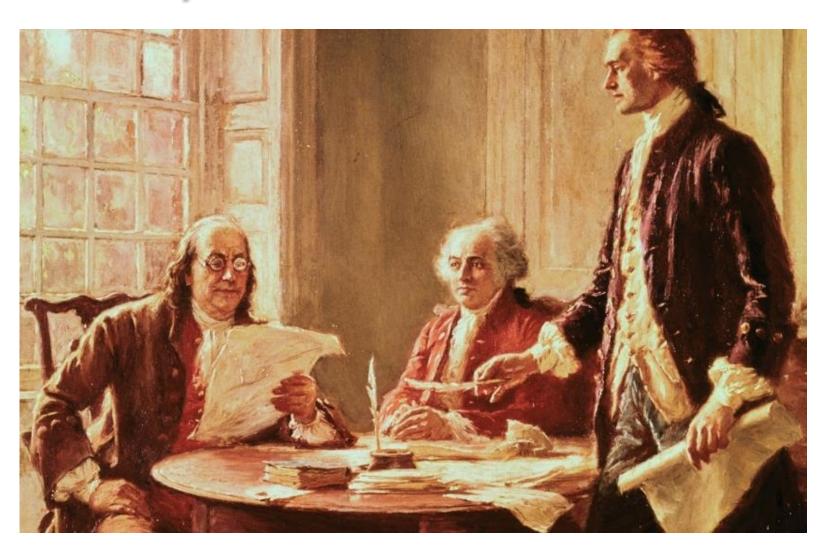
Role of Women



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

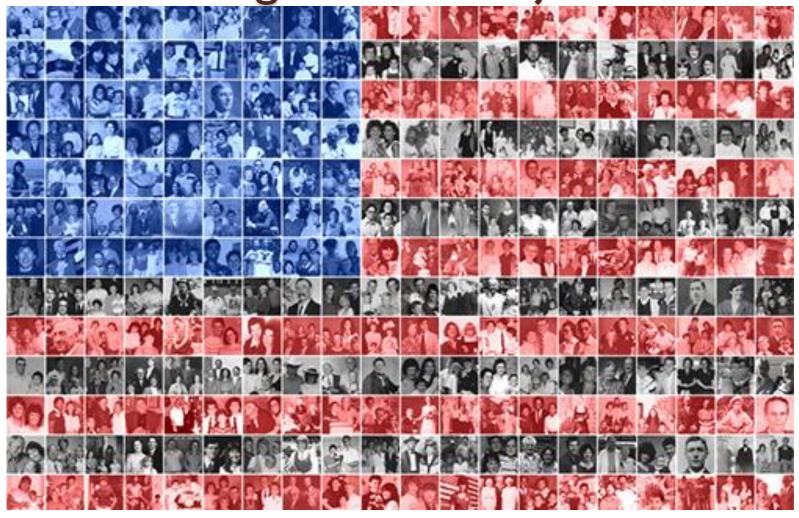
Cultural Competence / "Soft Skills"

- 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

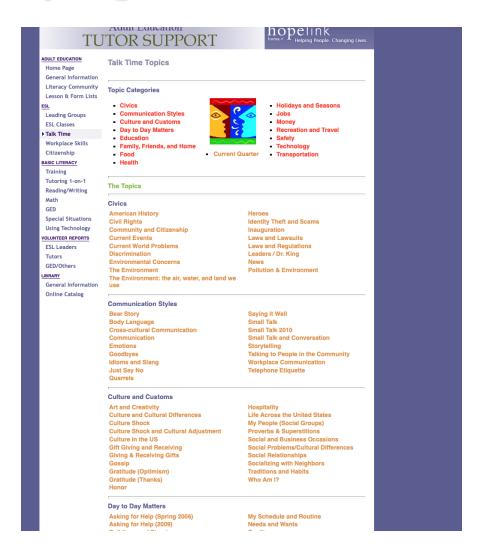
Role Playing



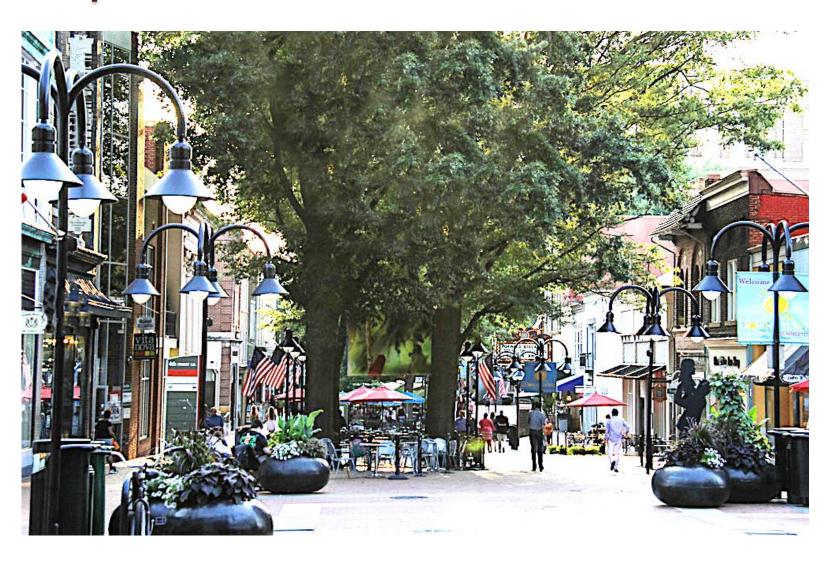
Role Playing

- 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



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

News for You

Home

About News for You

Tips For Teachers

Archive

Subscriptions: Purchase or Renew

ARTICLES FOR | FEB. 20 - FEB. 26, 2019



NATIONAL

U.S. Says There Are Limits to Reuniting Migrant Families

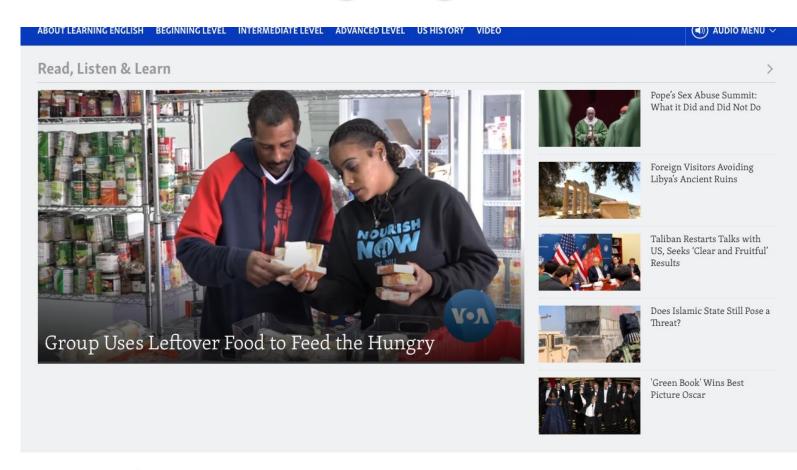
Report finds that more children were taken from their parents than the public was told.

Meekly Poll	
If you m	nade a New Year's resolution, have you of ar?
O Yes	
○ No	
vo	te
View La	ast Week's Poll Results

Teacher's Guide

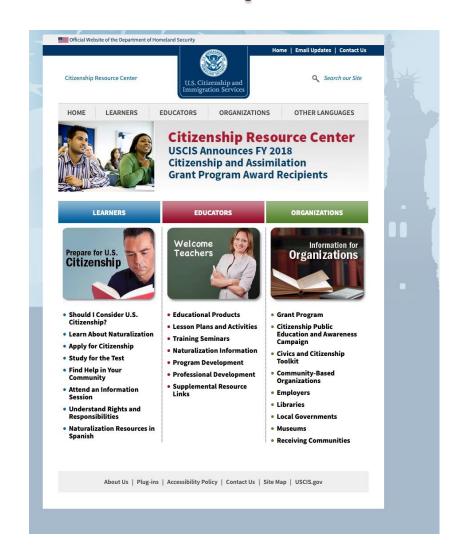
This week's Teacher's Guide Activity Ideas

VOA Learning English



Beginning Level

USCIS Citizenship Resources



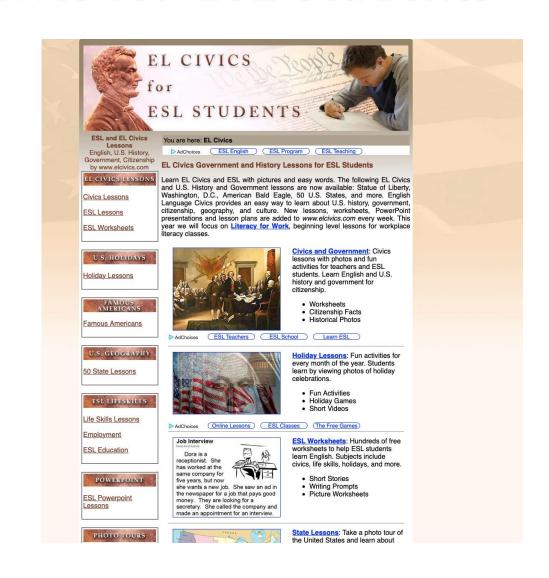
Popular Culture



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



Opportunities for Engagement



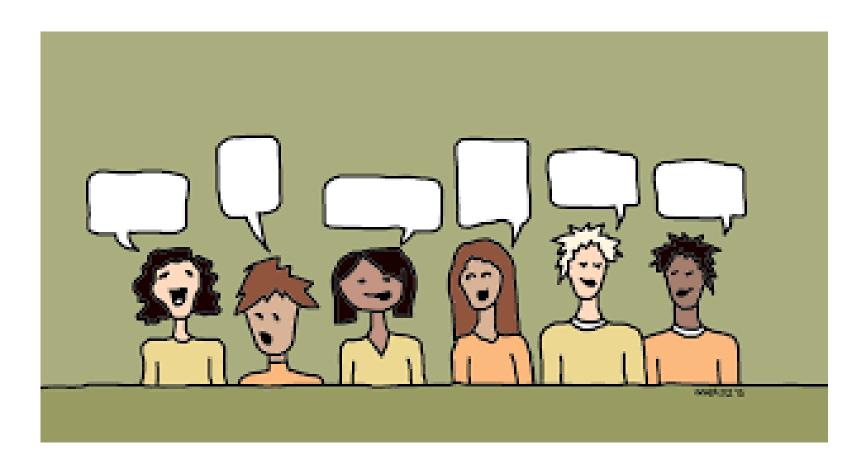
Opportunities for Engagement

- 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



Comments / Questions



Thank you!