CULTURAL TRANSITION

Jen Fernandez-Villa
WHAT IS CULTURE?

The customary beliefs, social forms, and material traits of a racial, religious, or social group. *Merriam-Webster*

The arts and other manifestations of human intellectual achievement regarded collectively. *Oxford English Dictionary*

Broadly, social heritage of a group (organized community or society). It is a pattern of responses discovered, developed, or invented during the group's history of handling problems which arise from interactions among its members, and between them and their environment. These responses are considered the correct way to perceive, feel, think, and act, and are passed on to the new members through immersion and teaching. Culture determines what is acceptable or unacceptable, important or unimportant, right or wrong, workable or unworkable. It encompasses all learned and shared, explicit or tacit, assumptions, beliefs, knowledge, norms, and values, as well as attitudes, behavior, dress, and language. *BusinessDictionary.com*
The Cultural Iceberg

Behaviors & Practices
Characteristics which are apparent to the casual observer

Attitudes
How the core values are reflected in specific situations in daily life such as working or socializing.

Core Values
Learned ideas of what is considered good or bad desirable or undesirable acceptable or unacceptable

Institutions of Influence
The forces which create, define, and mold a culture's core values

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Greetings around the world

Belgium: Faire la bise - to kiss
Spain: Besar
England: "Sharing breath"
New Zealand: A sign of respect
Tibet: "Peace be upon you"
Saudi Arabia: Hang loose
India: "Hello"
Philippines: A sign of respect
USA: A sign of power and formality
Japan: A sign of respect (a deeper bow means more respect)
Italy: Baciare
Hawaii: Hang loose
Russia: A sign of respect
Turkey: How are you?
Thailand: How are you?
Botswana: How are you?
<table>
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<th>Kohls Values Continuum</th>
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<td>Control over the Environment / Responsibility</td>
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<td>Change and Progress / Development</td>
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<td>Priority: Time Management / Productivity</td>
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<td>Egalitarianism and Fair Play</td>
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<td>Individualism</td>
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<td>Self-Help / Personal Improvement</td>
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<td>&quot;Doing&quot; Orientation / Record of Achievements</td>
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<td>Directness and Openness / Bluntness</td>
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<td>Practical Application / &quot;Bottom Line&quot;</td>
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WHAT IS CULTURAL TRANSITION?

- Stages of transition
- U or W-curve
- EVERYONE experiences “ups & downs”
- Transition is INDIVIDUALISTIC
- Everyone experiences cultural transition in a different way
- What bothers some, doesn’t affect others
- There is no one correct way to address cultural transition
TRANSITION PLANNING FRAMEWORK

- What is transition stress?
- Why does transition stress occur?
- Which stressors are most likely to affect me, and why?
- Identify effective coping strategies
5 KEY CHANGES WE FACE AS WE MOVE ACROSS CULTURES

1. Routines
2. Reactions
3. Roles
4. Relationships
5. Reflections about yourself

• See handout
HOMEWORK ASSIGNMENT

• “My Typical Week” handout
• Complete before Thursday’s Check-In (6 Feb., 14:30)
THE NEXT 6 WEEKS...AND BEYOND!

• Program Meetings
  • Jen & Dr. Roseboro will lead you through sharing activities and reflection

• Journaling

• Reach out to your support system (OISS, WCE, FFs, PTs) with concerns!!!

There is no man living who isn’t capable of doing more than he thinks he can do.

Henry Ford