

Multicultural Autobiography

Due: January 10, 2005

10- 15 pages double space typed

Writing and research your multicultural autobiography is among the most important work you can do to increase your cultural competence. You are invited to write your own cultural autobiography, using the guidelines on pg. 297 of Jones and Schwarzbaum ((2006). Do address cultural identity, ethnicity, immigration/acculturation, gender, socioeconomic status, spirituality and other areas of concern that are relevant that are listed on pg. 299. You may also include questions from pg. 70 on ethnicity.

Have someone in the program interview with some of the questions and tape record your own answers to the questions. Try to interview intergenerational family members if possible during Thanksgiving break and December. If not, try to research your own cultural origins: German, Kenyan, Swedish, etc.

See what photographs, documents, and other family of origin information you are able to connect with - you may include copies or pictures of these as an appendix.

Do explore and describe music, cultural observances, rituals and ceremonies that are a part of cultures in your lineage and describe these in your write up.

Do include a genogram going back 3 generations of your family lineage – Traditionally, squares represent males, circles represent females, (add other geometric symbols as needed with a key) and write the age of each person in the geometric symbol.

Everyone will bring information and cultural practices (music, dances, rituals (if appropriate) from their culture(s) of origin in cofacilitating expressive arts labs in winter – spring.

You can be creative in writing your story, as long as you address the dimensions of identity listed above.

(Independent study by Roslynn Tellvik, former Multicultural Counseling student, will be on reserve as an example of racial identity development write up)