

## WORKSHEET 4

## WHAT'S IN A NAME?

As a foundation for expanding your understanding of other cultures, it is important to be thoroughly acquainted with your own. Cultural competence begins with understanding and appreciating your own identity.

You are a „culturally rich“ individual with your own blend of culture, ethnicity, race, gender, class, sexual orientation, age, religion or spirituality, geographic location, and physical and mental abilities.

Names are an important element of identity. Perhaps your first or last name has family or cultural significance, or maybe you have changed your name to better reflect who you are. In pairs, tell each other about your name.

You may want to include:

\* Who gave you your name? Why?

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\* What is the ethnic origin or meaning of your name? Does your name have cultural significance?

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\* Is the ethnic origin of your name different from the ethnic origin with which you identify or the ethnic group of which you are a member?

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\* Do you have more than one ethnic origin?

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\* Do you have a nickname? Have you taken a name different from the one you were given at birth?

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