***Self-awareness:****engage in introspection and research and define your own culture.*

*In essay format include the following:*

* 1. *Define the three levels of culture as they apply to you:*
     + *Surface Culture*
     + *Shallow Culture*
     + *Deep culture*
  2. *Conduct research about your family culture and share your discoveries*
     + *What customs, traditions, and/or values have been passed down through the generations? Please be specific.*
  3. *Include two positive aspects in your culture that make you proud.*
  4. *If possible, share a negative aspect in your culture and explain if you would change it, and why or why not.*
  5. *What role have stereotypes played in your culture, from within? in society?*
  6. *Are there assumption, prejudice or bias that have been passed down through the generations?*
  7. *Provide insight and self-reflection on how your family culture affects, or has affected your values and how it has impacted your relationships with others both in the workplace and at school. Please, be specific and share clear examples*