

**Activity**: What is Identity?

**Instructor:** Leia Duncan & Holly Joyner

**NSE Goal Focus**: Personal Growth & Cultural humility

MATERIALS:

YouTube videos (links below)

IN CLASS:

Watch: “Who Am I? Think Again” by Hetain Patel

<https://www.youtube.com/watch?v=FPhHHtn8On8>

**Personal Identity Questions—***this could be done as an in class think-pair-share activity.*

1. As you think about the term “identity,” what do you think that means? How is identity different to personality traits?

2. In terms of your personal identity, how much of it was determined by circumstances beyond your control versus decisions that you made?

3. In your opinion, at what point does a person’s identity become more “fixed?” What types of things may cause an identity change or even an identity crisis later in life?

**Write some of the following identity categories on the board and a reference for the following discussion:**

• Religion

• Ethnicity/Nationality

• Cultural Heritage

• Race

• Occupation

• Language

• Education

• Gender

• Socio demographics

**Lead class in discussion** (suggested questions)

* + What is identity? How is it different from personality traits?
  + On the board are some identity categories. What had they not considered before about their identities?
  + What is the difference between an identity and a core identity?
  + How do core identities impact decisions, attitudes, and behaviors?
  + How might it be important to know our identity and the identity of others?

Watch: The Danger of a Single Story” by Chimamanda Ngozi Adichie: <https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story?language=en>

Lead class in discussion: (suggested questions)

1) If we have the same core identity with someone (such as gender or nationality), why are we all so different? What is the affect of having multiple core identities?

2) Considering both videos, what is the danger of assuming you know someone’s experience because of one identity category? Can you know someone if you share one identity category?

Activity: Below is a list of identity categories. Try to create a list of the top 10 identities you hold and think about which you would consider most important or significant. (For example, you may be a female, middle-child with a Turkish heritage, and you might feel that your cultural heritage is more significant to you than your family role, but that neither is as significant to you as your gender.) Share your core identities with the class as you feel comfortable.

• Religion

• Ethnicity/Nationality

• Cultural Heritage

• Values

• Race

• Occupation

• Hobbies

• Language

• Education

• Gender

• Socio demographics

• Sexual Orientation

• Political View

• Philosophical View

• Family Role

• Citizenship