

TERMS

01

Worldview

Worldview is a set of beliefs and values that are honored and withheld by a number of people. Worldview includes how the person or group interacts with the world around them, including land, animals, and people

02

Indigenous Worldview vs. Westernized Worldview

Indigenous worldview focuses on how an individual's way of living impacts the community. Purpose to our community. Western worldviews tend to be more concerned with science and focuses only on individual knowledge.

03

Colonization

The action or process of settling among and establishing control over the indigenous people of an area

04

Genocide

The deliberate killing of a large group of people, especially those of a particular ethnic group or nation

05

Cultural Genocide

Any deliberate act committed with the intention of destroying the language, religion or culture of a group.

06

Assimilation

The process in which a minority group or culture comes to resemble those of a dominant group.

07

Internalized Oppression

People who are oppressed over a period of time, they often internalize (believe and make part of their self-image) the myths and misinformation that society communicates to them about their group.

08

Self-awareness

Having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self Awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment

09

Empathy

Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference.

10

Cultural Humility

The process of reflection and lifelong inquiry, involves self-awareness of personal and cultural biases as well as awareness and sensitivity to significant cultural issues of others.

Resiliency Skills

INSIGHT

Ability to step away from situations and gain understanding.

INITIATIVE

Ability and willingness to take action.

BOUNDARY SETTING

Separating yourself from negative/unhealthy influences (people, places circumstances).

SOCIAL SUPPORT

Giving and receiving emotional and practical help within relationships with family, friends, and your community.

HUMOR

Ability to be light-hearted despite challenges.

COMMUNICATION

Using all different types of communication (verbal, nonverbal, written, visual, formal, informal) to express thoughts and feeling of crisis situations.

COMMITMENT

Desire to accomplish goals in life and acquire skills to be successful.

SPIRITUALITY

Moral compass and belief system that is exemplified in behavior.

APPRAISAL

Finding meaning and attaching value to difficulties faced.

CREATIVITY AND FLEXIBILITY

Ability to find multiple solutions to problems and try new things.

The Iceberg Concept of Culture

Like an iceberg, the majority of culture is below the surface.

Surface Culture

Above sea level

Emotional load: relatively low

food ▪ dress ▪ music ▪
visual arts ▪ drama ▪ crafts
dance ▪ literature ▪ language
celebrations ▪ games



Deep Culture

Unspoken Rules

Partially below sea level

Emotional load: very high

Unconscious Rules

Completely below sea level

Emotional load: intense

courtesy ▪ contextual conversational patterns ▪ concept of time
personal space ▪ rules of conduct ▪ facial expressions
nonverbal communication ▪ body language ▪ touching ▪ eye contact
patterns of handling emotions ▪ notions of modesty ▪ concept of beauty
courtship practices ▪ relationships to animals ▪ notions of leadership
tempo of work ▪ concepts of food ▪ ideals of childrearing
theory of disease ▪ social interaction rate ▪ nature of friendships
tone of voice ▪ attitudes toward elders ▪ concept of cleanliness
notions of adolescence ▪ patterns of group decision-making
definition of insanity ▪ preference for competition or cooperation
tolerance of physical pain ▪ concept of "self" ▪ concept of past and future
definition of obscenity ▪ attitudes toward dependents ▪ problem-solving
roles in relation to age, sex, class, occupation, kinship, and so forth

