CULTURAL HUMILITY

PRE-DEPARTURE CURRICULUM MODULE 1



VANDERBILT Institute for Global Health

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⁴HUMILITY IS NOT THINKING LESS OF YOURSELF; IT IS THINKING OF YOURSELF LESS"

- C.S.LEWIS

WHAT IS CULTURE?

Shared systems of values, beliefs

"World lens"

Learned patterns of behavior

Ever changing, socially-framed

Expressed in views, attitudes, and behaviors

Sometimes referred to as categories

Often individually defined

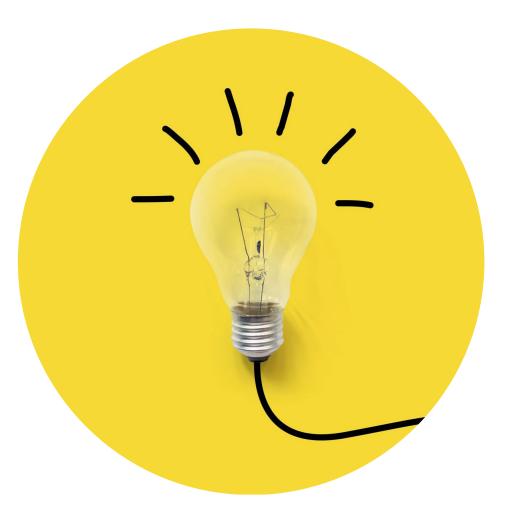
CULTURAL HUMILITY ≠CULTURAL COMPETENCE

- You are the student
- It is flexible and dynamic
- It is personal and authentic
- It is a partnership
- You continue to evolve
- It is the path to equity

- You are the master
- There is an endpoint
- It is rigid and technical
- There is a hierarchy
- It is linear
- Maintains the status quo

WHAT IS CULTURAL HUMILITY?

"A <u>lifelong process</u> of self-reflection and selfcritique whereby the individual not only learns about another's culture, but one starts with an examination of her/his own beliefs and cultural identities." - NIH



HOW CAN YOU ACQUIRE CULTURAL HUMILITY?



Learn about yourself and check your biases in a lifelong commitment to evaluation and reflection



Learn about other cultures



Develop partnerships with different people or groups and acknowledge their priorities and expertise

LEARN ABOUT YOURSELF

STEP 1:IDENTIFY YOUR BIASES AND PREJUDICE



PREJUDICE:

PRECONCEIVED OPINION THAT IS NOT BASED REASON OR ACTUAL EXPERIENCE

BIAS: IMPLICIT VS. EXPLICIT

Implicit bias - a prejudice that is present but not consciously held or recognized **Explicit bias -** a prejudice or attitude towards certain groups that individuals are aware of

TAKE A MOMENT TO REFLECT

02

Ask yourself

why you hold

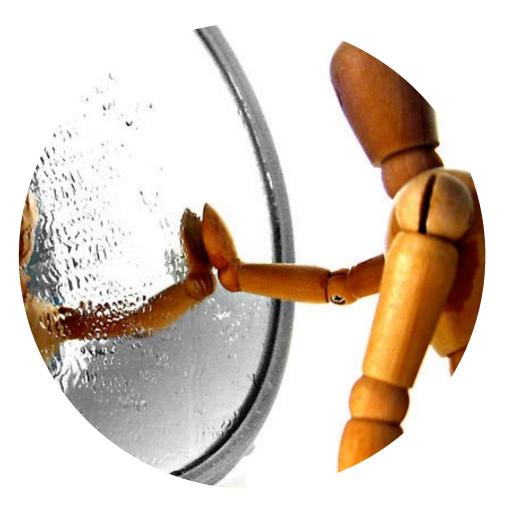
those biases.

01

Write down biases you hold or any prejudice you might have.

03

Address them and correct them





STEP 2: ACTIVELY PARTAKE IN THE CULTURE OF THE COUNTRY YOU VISIT



TIPS:

Approach: Go into the experience with an open mind; leave your **ethnocentrism** at the door

Practice: Actively participate in the culture of the country you are in

Question: Ask about values, customs and what you do not understand



ETHNOCENTRISM

 The evaluation of other cultures according to preconceptions originating in the standards of one's culture





DEVELOP RELATIONSHIPS

STEP 3: CREATE LASTING PARTNERSHIPS

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MAKING CONNECTIONS

- Engage with the community
- <u>Listen</u> to the community
- <u>Learn</u> from the community
- <u>Serve</u> the community
 - Remember, you are there as a tool not a savior

