

# Identity Reflection Activity for Travelers

In this issue of the *AWAY*, you've read stories illustrating the important role that identity plays in international exchange experiences. Now it's your turn! Use this worksheet to reflect on your own layers of identity and how they might impact - and even enhance - your future travels abroad.

**Here's how:** For this exercise, select the aspect of your identity with which you most associate each statement, or feel free to select more than one! Space "H" is left blank in case you'd like to add in another identity category that isn't already listed.

**I am most proud of this part of my identity**

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A	B	C	D	E	F	G	H

**I am most aware of this part of my identity**

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A	B	C	D	E	F	G	H

**I wonder how this part of my identity might impact my relationship with the host community**

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A	B	C	D	E	F	G	H

**I don't often think about this part of my identity**

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A	B	C	D	E	F	G	H

**I sometimes worry about how this part of my identity might impact my relationship with other students**

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A	B	C	D	E	F	G	H

**I sometimes worry about how this part of my identity might impact my relationship with the host community**

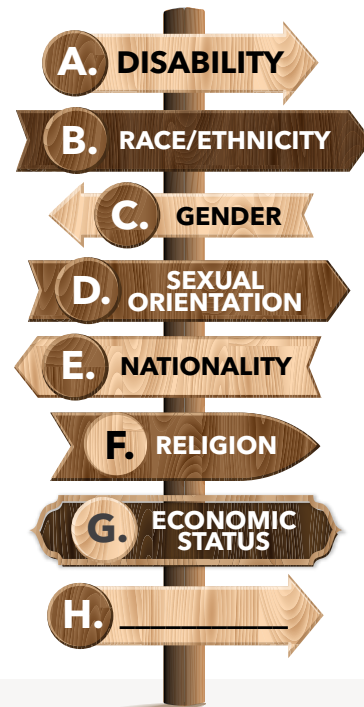
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A	B	C	D	E	F	G	H

**While traveling, this part of my identity feels really important to me**

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A	B	C	D	E	F	G	H

**I want to learn more about this part of my identity**

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A	B	C	D	E	F	G	H



**What was interesting about this exercise?**

**What was challenging?**

As you reflect on your identities, what kind of additional information, resources, and preparation might you need before going abroad?

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Try using this self-reflection tool multiple times throughout your international exchange journey; your responses may change over time!

*This worksheet was adapted with permission from Seattle University's Education Abroad Office*