



Use this page to record new **awareness of cultural norms**

My new awareness
Describe the situation.

Describe the appropriate language or behaviour.

My encounter with it
How did I become aware of this norm?

My strategies

- Repeating
- Grouping
- Associating
- Other

Describe:

1 ► Reflect
How is it different in my own culture?

How do I feel about this norm?

2 ► Research
What more can I learn about this?

3 ► Readjust
What can I do to accept or adopt this social/cultural language or behaviour?