KNOW YOURSELF: SOCIAL IDENTITY

Social identity groups are based on the physical, social, and mental characteristics of individuals. We are all members of multiple social groups. Sometimes these groups are obvious and clear, and sometimes they are not. The groups can often be self-claimed. Government, schools, and employers often ask an individual to claim a racial or cultural identity group. People can also associate an individual with a group based on visual perception. Some social identities are personally claimed but not often announced or visually discernible, such as sexual orientation, religion, or disability status.

SOCIAL IDENTITY GROUP	EXAMPLES (NOT AN EXHAUSTIVE LIST)
Gender Identity	Woman, Man, Nonbinary
Gender Status	Transgender, Cisgender, Nonbinary
Race	Asian Pacific Islander, Native American, Latinx, Black, White, Asian, Bi-/Multiracial
Ethnicity	Irish, Chinese, Puerto Rican, Italian, Mohawk, Jewish, Guatemalan, Lebanese, Latinx
Sexual Orientation	Lesbian, Gay, Bisexual, Heterosexual, Queer, Questioning, Asexual
Religion/Spirituality	Hindu, Muslim, Buddhist, Jewish, Christian, Agnostic, Atheist
Socioeconomic Status	Poor, Working Class, Lower-Middle Class, Upper-Middle Class, Owning Class, Ruling Class
Age	Child, Young Adult, Middle-Age Adult, Elderly
Disability/Ability	Person with disabilities (cognitive, physical, learning, etc.), person without disabilities
Nation of Origin and/or Citizenship	United States of America, Nigeria, Mexico, Turkey, Argentina, Spain, Italy, France
Body Size/Type	Hourglass, Fit, Lean, Stocky, Thick, Muscular, Thin, Curvy, Short, Tall
Other	First Generation, Veteran, Career Changer, Global Nomad

EXERCISE 4: MY SOCIAL IDENTITIES

These social identities have shaped me in the following ways:

SOCIAL IDENTITY GROUP (SEE EXAMPLES ABOVE)	SAMPLE *International student*	1)	2)	3)
STRENGTHS/SKILLS	*Independent, resourceful, perseverant, strong work ethic, analytical, technical, and environmental research skills*			
VALUES	*I care about learning, improving the environment and international relations. I want to bring my knowledge and skills to improve the environment in my home country.*			
INTERESTS	*Environmental science, research, and teaching*			
RESPONSIBILITIES	*Complete my college education and earn a well-paying position, enabling me to become self-sufficient and support my family back home.*			
PRIVILEGES*/BENEFITS	*Language skills, international perspective, strong science background gained from my home country's education*			
OBSTACLES/BARRIERS	*I qualify for few jobs in the U.S. due to my visa status, my English writing skills, and my lack of local family support.*			

These aspects of myself shape my choice of major and career in the following ways:

SAMPLE

I want to use my knowledge and skills in environmental research to improve the environment in my home country as a researcher, and later in my career as a professor or an environmental consultant.

***Privilege:** Used here to describe usually unearned (yet also earned) advantages or benefits that are enjoyed by members of "dominant" social identity groups who receive interpersonal, institutional, structural, and societal power by virtue of their membership in that group. For example, one privilege straight people may experience is the tax advantages received through heterosexual marriage status.

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