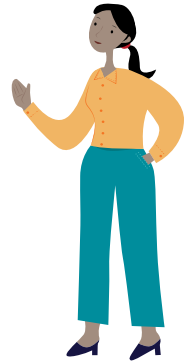


Social Identity Self-Reflection Activity



Social identity can be defined as how we categorize ourselves as belonging to certain social groups. These may be aspects we choose, are assigned, or born into—or that change over time. Understanding our own social identity is an important part of developing cultural humility.



Use this activity to reflect on your social identity. Consider the aspects of social identity in the left column. Then, in the right column, respond to those with which you identify. Feel free to skip any items you prefer not to answer.

Aspects of Social Identity	My Identity
Age	
Race and/or ethnicity	
Gender/gender identity	
Sexual orientation	
Languages	
Disability	
Marital status	
National origin	
Indigenous Nation/Tribal affiliation/s	
Religion/faith/spirituality	
Socioeconomic status	
Politics	
Physical appearance	
Education	
Employment	
Other identities	



Consider

Which aspects of your social identity do you think about most often? Least often?

Which aspects would you like to explore or learn more about?

Which aspects of your social identity have the strongest impact on how you perceive yourself?

What aspects do you think most impact how others perceive you?

Which identities make you most proud? Which, if any, come with challenges, and why?

Citations

LSA Inclusive Teaching Initiative, University of Michigan. (n.d.). Social Identity Wheel. Equitable Teaching University of Michigan. <https://sites.lsa.umich.edu/inclusive-teaching/social-identity-wheel/>

ScienceDirect. (n.d.). Social Identity Theory. ScienceDirect. Retrieved January 16, 2024, from <https://www.sciencedirect.com/topics/psychology/social-identity-theory>

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