Pre work Exercise (15 minutes)

Read through the checklist to give you ideas about how to examine your social identities and cultures. Fill out your dimensions on the blank spaces.

How do these factors impact your priorities? How do they impact how others see you? How do they impact the way you see others?
Identifying our Intersectionality

We are each made up of multiple social identities that intersect in dynamic ways to shape who we are.

- In my 20s
- In my 30s
- In my 40s
- In my 50s
- In my 60s
- In my 70s
- N/A
- First generation attending university
- Vocational education
- Graduate education (e.g. PhD)
- No post-secondary education
- Extrovert
- Introvert
- Ambivert
- Single
- In a Relationship
- Dating
- Married
- Divorced
- Remarried
- Widowed
- Veteran
- Military Family
- Lower-income family
- Higher-income family
- Experienced housing insecurity
- Multi-lingual
- Native language
- Non-native English Speaker
- Accent
- No Accent
- Citizen
- Immigrant
- Refugee
- Dual Citizen
- First-generation born in home country
- Light-skinned
- Dark-skinned
- Asian
- Black
- Pacific Islander
- Multiracial/ethnic
- Native/ Indigenous
- Middle Eastern
- Hispanic
- Latinx
- White
- Gay
- Lesbian
- Bisexual
- Straight
- Queer
- Asexual
- Woman
- Man
- Queer
- Intersex
- Non-Binary
- Transgender
- Cisgender
- Neurotypical
- Neurodiverse
- Able-bodied
- Learning Disability
- Physical Disability
- Diabetic
- Living with an Anxiety Disorder
- Living with Chronic Pain
- Living with Depression
- Living with PTSD
- Trauma Survivor
- Recovering From Addiction
- Parent
- Single Parent
- Adoptive Parent
- Step Parent
- No Children
- Childfree
- Pet Parent
- Aunt/Uncle
- Godparent
- Grandparent
- Twin
- Sibling
- Single Child
- Agnostic
- Atheist
- Religious
- Spiritual
- Buddhist
- Christian
- Hindu
- Jewish
- Muslim
- Sikh
- Taoist/Daist
- Shintoist
- Wear religious clothing

Anything else?
Understanding Intersectionality: Fill in your identities

Through understanding intersectionality we learn how we perceive our own selves and our culture/s. By acknowledging our differences and similarities we are better equipped to communicate through a cultural lens to increase our impact.