

Appendix E

Individual Cultural Assessment

This is a guideline to obtain information for your Heritage Reflection Project

HERITAGE ASSESSMENT TOOL*

Instructions: Answer to the best of your knowledge

1. Check the ethnicity that you identify as your own.

- ☐ Native American
- ☐ Asian
- ☐ Black/African American
- ☐ Native Hawaiian/Pacific Islander
- ☒ Middle Eastern
- ☒ Latino
- ☐ African
- ☐ White
- ☐ More than one race
- ☐ Unknown
- ☐ Other _____

2. In what country was your mother born? Lebanon

3. In what country was your father born? Lebanon

4. In what country were your grandparents born?

- a. Your mother's mother? Lebanon
- b. Your mother's father? Lebanon
- c. Your father's mother? Lebanon
- d. Your father's father? Lebanon

5. How many siblings do you have? Brothers 3 Sisters 1

6. Check the setting you grew up in.

- Suburban ☒ Urban ☐ Rural ☐
Frontier ☐

7. What country did your parents grown up in if not in the United States?

Father Lebanon Mother Lebanon

8. In the United States, which state(s) did your parents live in?

Father Michigan, Florida Mother Michigan

9. Did your parents move around in the United States?

Father Yes ☒ No ☐ Mother Yes ☒
No ☒

10. If you were born outside the United States, at what age did you come to the United States? N/A

11. If your parents were born outside the United States, at which age did they come to the United States?

Father 17 Mother 22

12. When you were growing up, who lived with you? Mother, Father, & siblings

13. Have you maintained contact with:

a. Aunts, uncles, cousins? Yes ☒ No ☐

b. Brothers and sisters? Yes ☒ No ☐

c. Parents? Yes ☒ No ☐

d. Your own children? Yes ☐ No ☐ N/A

e. Did most of your aunts, uncles and cousins live near your home? Yes ☒ No ☒

14. Approximately, how often did you visit your family members who lived outside of your home?

a. Daily ☐

b. Weekly ☐

c. Monthly ☒

d. Once a year or less ☐

e. Never ☐

15. Was your original name changed? Yes ☒ No ☐

16. Original Name: Brian EL-Achkar

17. What is your religious preference?

a. Catholic ☐

b. Jewish ☐

c. Islamic ☒

d. Buddhist ☐

e. Protestant ☐ Denomination _____

f. Other ☐ _____

g. None ☐

18. If married, is your spouse the same religion as you? Yes ☐ No ☐ N/A

19. If married, is your spouse the same ethnic background as you? Yes ☐ No ☐ N/A

20. If your spouse is a different culture, which cultural traditions do you follow?

N/A

One cultural preference or mixed? N/A

21. What kind of school did you attend as a child?

- a. Public ☒
- b. Private ☒
- c. Parochial ☐
- d. Home school ☐

22. As an adult, do you live in a neighborhood where the neighbors are the same religion and ethnic background as you? Yes ☒ No ☐

23. Do you belong to a religious institution? Yes ☐ No ☒

24. Would you describe yourself as an active member? Yes ☐ No ☒

25. How often do you attend your religious institution?

- a. More than once a week ☐
- b. Weekly ☐
- c. Monthly ☐
- d. Special holidays only ☒
- e. Never ☐

26. Do you practice your religion in your home? Yes ☒ No ☒
If yes, check which types of practice

- a. Praying ☐
- b. Bible reading ☐
- c. Religious reading ☐
- d. Diet ☐
- e. Celebrating religious holidays ☐
- f. Other ☐

27. Do you prepare foods special to your ethnic background? Yes ☒ No ☐

28. What is your favorite food(s)? sushi

29. Do you participate in ethnic activities? Yes ☒
No ☐ If yes, check which types of practice

- a. Singing ☐
- b. Holiday celebrations ☒
- c. Dancing ☐
- d. Festivals ☒
- e. Costumes ☐
- Other ☐

30. Are your friends from the same religious background as you? Yes ☐ No ☒

31. Are your friends from the same ethnic background as you? Yes ☐ No ☒

Appendix F

Cultural Excursion / Reflection (IT3:1, 2, 3 and/or 4)

1. Each student will visit a **self-chosen cultural experience** – may be done with a learning partner. Examples of activities include: visit a cultural center to view a movie or exhibit; eat a meal; attend a religious service or celebration; attend a cultural festival, concert, or lecture
2. The cultural center must be located within the Detroit Metropolitan area and surrounding counties, and open to the general public.
3. Students are responsible for their own transportation and any fees incurred.
4. Each student will write a **two (2) page** Reflection paper as follows:
 - A. Describe the most salient features (what stood out) of this experience - provide examples.
 - B. Describe the most significant thing you learned about a new culture. Was this different from what you expected?
 - C. Describe the most significant thing you learned about yourself during the experience. Explain why it was significant.
5. Each paper will be typed in **Times New Roman, 12 point font**.
6. **Attach** a brochure, menu, ticket stub or other documentation from the excursion.
7. Turn in the **reflection paper and documentation** on the **date due**.

Some examples follow:

Detroit Historical Society
Charles Wright Museum of African American History
Holocaust Memorial Center
Jewish Community Center (Arts, Culture and Education)
Arab Community Center
Hellenic Museum of Michigan
N'NAMDI-Museum of Contemporary Art
Detroit Institute of Arts
Flint Institute of Arts (Free Saturdays)
Michigan Tai Chi Center
Gash-McCune/2017/HLH2550

32. If your friends are not from the same ethnic background as you, please name the ethnic background(s)

Arab-American, Polish, African American, White, Hispanic

33. Do you have a native language other than English? Yes ☒ No ☐

If yes, do you **speak** this language?

- a. Prefer ☐
- b. Occasionally ☒
- c. Rarely ☒
- d. Never ☐

If yes, do you **read** this language? Yes ☐ No ☒

☐ If yes, do you **write** this language? Yes ☐

No ☒

34. Would you like to share anything else with me? Yes ☐ No ☒

End the interview with: Thank you for sharing this information with me.

*Adapted from: Spector, R. E. (2009). Heritage Assessment Tool (pp. 365-367), in *Cultural diversity in health and illness* (7th ed). Upper Saddle River, NJ: Pearson.

Lebanese, Middle Eastern, and Arabic Restaurants

Russian and Eastern European Restaurants

Thai Restaurants

Vietnamese Restaurants Mexican
Restaurants

Japanese Restaurants

Faith-based centers/churches

Ethnic Festivals

Ask, or share, if you have other ideas for experiences!

AL-Ameer in Oak
Dearborn Heights
MI