

I. **NON-DOMINANT/HAND EXERCISE***

1. Purpose: understanding cultural adjustment; an awareness activity
2. Materials: blank paper and pens for participants overhead or flipchart
3. Number of Participants: unlimited
4. Time: 15-30 minutes
5. Instructions: Ask participants to identify their non-dominant hand and to use that hand to perform the following. Give directions for each one at a time. Do not give much time for each in order that they 'feel' the tension of performing an unfamiliar task in limited time.
 - a. Write this sentence: I am writing this with my non-dominant hand
 - b. Sign your name
 - c. Draw a square
 - d. Draw a tree
 - e. Write today's date
 - f. Questions/discussion
 - g. How did you feel doing this exercise?
 - h. What did you have to do differently in order to accomplish the task?
 - i. If you were required to write with your non-dominant hand most of the time for the next 2/4 years what do you think would happen?
 - j. Once proficient with your non-dominant hand would you have lost the ability to write with your dominant hand?
 - k. Relate this experience to a person moving from one culture to another.

- Original source unknown

STAGES OF CULTURAL ADJUSTMENT**

- A. Review the stages
 1. Honeymoon Stage: Exhilaration, anticipation, excitement
 2. Hostility Stage: Frustration, anger, anxiety, depression
 3. Humor Stage: Begins to relax; laugh at minor mistakes
 4. Home Stage: Ability to live successfully in two cultures
- B. Compare these with the current and projected experiences of writing with non-dominant hand.

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