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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