

## Mapping Your Cultural Orientation

Individuals demonstrate a wide range of values and preferences across a variety of cultural dimensions. Map your own cultural orientation by placing an X at the spot that most accurately reflects your values on each continuum below. Remember that a continuum represents an infinite number of possibilities between the two opposing ends. There are no right or wrong answers.

**Monochronic.....Polychronic**

I like to be on time and  
expect the same of others.

What happens is more important  
than when it starts and ends.

**Low Context.....High Context**

When rules are presented, I prefer  
that every detail is spelled out clearly.

Some rules are understood by everyone  
so it's not necessary to spell everything out.

**Individualistic.....Collectivistic**

I prefer to work independently  
and be recognized individually.

I prefer to work as part of a group  
and think it's better when  
individuals are not singled out.

**Egalitarian.....Hierarchical**

All people should be treated the same,  
no matter what their position is.

People should be treated differently  
depending on their title, position, rank.

**Task Focused.....Relationship Focused**

When working on a project, I prefer to  
focus on getting the job done and  
become impatient with socializing.

When working on a project, I value time  
spent in building relationships and work  
better with people when I get to know them.

**Surfacing Differences.....Maintaining Harmony**

I directly address differences  
when there is an issue so the  
problem can be solved quickly.

I prefer to deal with differences  
indirectly, behind the scenes,  
to avoid causing upset.

**Emotionally Restrained.....Emotionally Expressive**

It's better to keep emotions private

It's better to express emotions openly

**Being.....Doing**

I derive more of my identity from  
who I am and who my family is

I derive more of my identity from  
what I do: schoolwork, activities, etc.

### Reflection

- How does your cultural orientation map help you in your life?
- How does your cultural orientation map hold you back in your life?
- How is your cultural orientation map similar or different from your peers'?
- Which traits are difficult for you to deal with in other people?

