

Culture-Learning Strategies Inventory and Index

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The purpose of this inventory is to find out more about yourself as a culture learner and to help you discover strategies that can help you adapt to cultures that are different from your own. Check the box that describes your use of each listed strategy. The categories are: ***I use this strategy and like it***; ***I have tried this strategy and would use it again***; ***I've never used this strategy but am interested in it***; and ***This strategy doesn't fit for me***. By referring to the page numbers at the end of each section, you can use this inventory as an index to find out more about the strategies that interest you.

Pre-Departure Strategies

Strategies for when I am in surroundings that are culturally different from what I am used to:

	I use this strategy and like it	I have tried this strategy and would use it again	I've never used this strategy but am interested in it	This strategy doesn't fit for me
1. Consider ways in which different cultures might view things in different ways (e.g., how different cultures value "alone time" or independence).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Figure out what cultural values might be involved when I encounter a conflict or something goes wrong.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Think about different cross-cultural perspectives to examine situations in which I seem to offend someone or do something wrong.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Use generalizations instead of stereotypes when I make statements about people who are different from me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Counter stereotypes others use about people from my country by using generalizations and cultural values instead.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Make distinctions between behavior that is personal (unique to the person), cultural (representative of the person's culture), and universal (a shared human concern).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Look at similarities as well as differences between people of different backgrounds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For more information on pre-departure strategies, see pages 39-73.

This portion of the Culture-Learning Strategies Inventory and Index looks at the culture-learning strategies you think you will use once you are in the country of your study abroad experience, referred to in this inventory as your “host country.” If you have studied abroad before, you may want to complete this inventory before you depart for your next study abroad experience. Or you can fill it out by indicating which strategies you think you *will likely* use in a variety of situations.

In-Country Strategies

Strategies I (will likely) use to adjust to a new culture and cope with culture shock:

	I use this strategy and like it	I have tried this strategy and would use it again	I've never used this strategy but am interested in it	This strategy doesn't fit for me
8. Explain my cross-cultural experiences (the good <i>and</i> the difficult) to my family and friends at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Consider what my friends living in the host country say about people from my own culture, using what I know about cultural bias.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Strive to keep myself physically healthy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Assume that some moments of “culture shock” are normal culture learning experiences and not worry about them too much.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Use a variety of coping strategies when I feel I have “culture shock overload.”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Keep reasonable expectations of my ability to adjust to the new culture given the amount of time of my stay and my particular study abroad program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For more information on strategies for cross-cultural adjustment and culture shock, see pages 83-99.

Strategies for dealing with difficult times in the new culture:

- | | I use this strategy and like it | I have tried this strategy and would use it again | I've never used this strategy but am interested in it | This strategy doesn't fit for me |
|--|---------------------------------|---|---|----------------------------------|
| 14. Keep in touch with friends and family back home by writing letters and e-mails. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Keep a journal or a diary about my experiences. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Participate in sports and other activities while abroad. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Find someone from my own culture to talk to about my cultural experiences. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Relax when I'm stressed out in my host country by doing what I normally do back home to make myself comfortable. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

For more information on strategies for dealing with difficult times in the new culture, see pages 83-99.

Strategies for making judgments about another culture:

- | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 19. Observe the behavior of people from my host country very carefully. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Analyze things that happen in my host country that seem strange to me from as many perspectives as I can. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Consider my own cultural biases when trying to understand another culture. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Refrain from making quick judgments about another culture. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

For more information on strategies for making cultural judgments, see pages 59-68, 69-73, and 101-113.

Strategies for communicating with people from another culture:

- | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 23. Don't assume that everyone from the same culture is the same. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Investigate common areas of miscommunication between people from my host culture and my own culture through books and by talking to other people who know the two cultures well. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Read local newspapers to better understand the current political and social issues in my host country. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Build relations with local people by finding opportunities to spend time with them. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Help people in my host country understand me by explaining my behaviors and attitudes in terms of my personality and culture. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

For more information on strategies for communicating with people from other cultures, see pages 121-127.

Strategies to deal with different communication styles:

- | | I use this strategy
and like it | I have tried this strategy
and would use it again | I've never used this strategy
but am interested in it | This strategy
doesn't fit for me |
|---|------------------------------------|--|--|-------------------------------------|
| 28. Consider using different types of communication styles when talking with someone from a different culture. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Try a different approach when my communication style doesn't seem to be working well. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Listen to whether my conversation partners are indirect or direct in their communication styles. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. Mirror the communication style of my conversation partners (i.e., if they are always indirect, I try to be indirect too). | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 32. Respect the way people from other cultures express their emotions. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Refrain from disagreeing right away so that I have a chance to listen to what others are trying to communicate. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

For more information on strategies to deal with different communication styles, see pages 121-127.

Strategies to understand nonverbal communication in another culture:

- | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 34. Learn about the ways in which people in my host country use nonverbal communication. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. Examine how my own nonverbal communication is influenced by my culture. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. Observe which nonverbal communication differences are most difficult for me to adjust to in my host country. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 37. Practice using a variety of different nonverbal communication patterns. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 38. Figure out how far people stand from each other in my host country and try to keep the "right" distance from others. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 39. Observe the gestures that people use in my host country. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. Ask friends in my host country to explain the meaning of different gestures to me. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 41. Try to use eye contact in a way that is appropriate in my host country. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

For more information on strategies for nonverbal communication, see pages 129-138.

Strategies to interact with people in the host culture:

- | | I use this strategy
and like it | I have tried this strategy
and would use it again | I've never used this strategy
but am interested in it | This strategy
doesn't fit for me |
|--|------------------------------------|--|--|-------------------------------------|
| 42. Join clubs or organizations of people who have interests like mine. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 43. Ask people in my host country about their perceptions of my country and culture. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 44. Go to the market in my host country and interact with people in the shops. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 45. Hold back on making judgments of other people based on my first impressions. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

For more information on strategies for interacting with hosts, see pages 83-99.

Strategies to use with my homestay family:

- | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 46. Find out from my homestay family what I can do to help around the house. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 47. Ask my homestay family about smoking rules in the house and observe those rules if I smoke or invite over friends who smoke. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 48. Get permission before bringing someone to my homestay family's house. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 49. Share pictures of my own family with my homestay family. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 50. Teach games common in my own country to my homestay family. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 51. Enlist the help of a friend in my host country when I have a conflict with my homestay family to help me understand the situation. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 52. Figure out the "rules of the house" for eating, using the bathroom, dressing around the house, and helping out by observing and asking questions. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 53. Ask my host family about their views on privacy and being alone rather than assume that we share the same views. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

For more information on strategies for interacting with homestay families, see pages 75-82.

Post-Study-Abroad

Strategies to use when I return home:

- | | I use this strategy and like it | I have tried this strategy and would use it again | I've never used this strategy but am interested in it | This strategy doesn't fit for me |
|---|---------------------------------|---|---|----------------------------------|
| 54. Find a group of people who have had similar study abroad experiences to talk to and share experiences. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 55. Participate in activities sponsored by study abroad and international groups back home. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 56. Take a language class that will help me keep up with the language of the country I studied in (if appropriate) and/or take classes on subjects I became interested in during my study abroad adventure. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 57. Volunteer for an international organization or work with international students. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 58. Share my feelings and experiences with friends and family, without expecting that they will relate to all that I say. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 59. Try to keep connected with friends I made while studying abroad. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 60. Give myself time to readjust to my own country. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

For more information on strategies for returning home, see pages 143-159.