

# Assessing My Life Experiences

**Directions:** Assess how multicultural your different life experiences have been.

	1= monocultural	5 = somewhat multicultural	10 = very multicultural
1.	Family of origin	1 2 3 4 5 6 7 8 9 10	
2.	Neighborhood as a child	1 2 3 4 5 6 7 8 9 10	
3.	Elementary school	1 2 3 4 5 6 7 8 9 10	
4.	Activities/clubs as a child	1 2 3 4 5 6 7 8 9 10	
5.	Religious activities as a child	1 2 3 4 5 6 7 8 9 10	
6.	Junior high school	1 2 3 4 5 6 7 8 9 10	
7.	High school	1 2 3 4 5 6 7 8 9 10	
8.	Friends in high school	1 2 3 4 5 6 7 8 9 10	
9.	Activities/clubs as a teenager	1 2 3 4 5 6 7 8 9 10	
10.	First work experiences	1 2 3 4 5 6 7 8 9 10	
11.	Current work experiences	1 2 3 4 5 6 7 8 9 10	
12.	Current friendship group	1 2 3 4 5 6 7 8 9 10	
13.	Neighborhood where I live	1 2 3 4 5 6 7 8 9 10	
14.	Current religious/spiritual activities	1 2 3 4 5 6 7 8 9 10	
15.	Current activities/clubs	1 2 3 4 5 6 7 8 9 10	
16.	College environment	1 2 3 4 5 6 7 8 9 10	
17.	_____	1 2 3 4 5 6 7 8 9 10	
18.	_____	1 2 3 4 5 6 7 8 9 10	