

Instructions for *In My World* Exercise

Place the appropriate colored bead in your cup for each of the following:

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|---|--|
| Each member of your household | Predominant race of your social group / friends |
| Your next-door neighbor (to right) | Club or organization you are most active in |
| Your next-door neighbor (to left) | Your pastor/rabbi/spiritual guide |
| Your neighbors across the street/ road | Your church/synagogue/mosque |
| The neighborhood you grew up in | The grocery store where you shop |
| The elementary school you attended | The lead character of your favorite TV program |
| The high school you attended | The author of your favorite book / recently read |
| The colleges (if applicable) you attended | The person you purchased your last car from |
| Your current best friend | Your favorite singer / singing group |
| Your boss/ supervisor at work | Main character in your favorite movie |
| Your co-workers | Predominant race of your organization |

Bead Key

Bead Color	Represents...
White	White – White American
Black	African American
Gold	Hispanic/ LatinX American
Yellow	Asian American
Red	Native American
Multi	Multiracial or Foreign National

Process questions:

- What is in your awareness about the representative races in your cup?
- What does your cup tell you about your friendship and socialization patterns?
- What does it tell you about your possible biases?
- What does your cup tell you about your opportunities to use/ develop your multi-cultural competencies for multiracial living?