



Pre-Arrival Orientation Reflection Worksheet

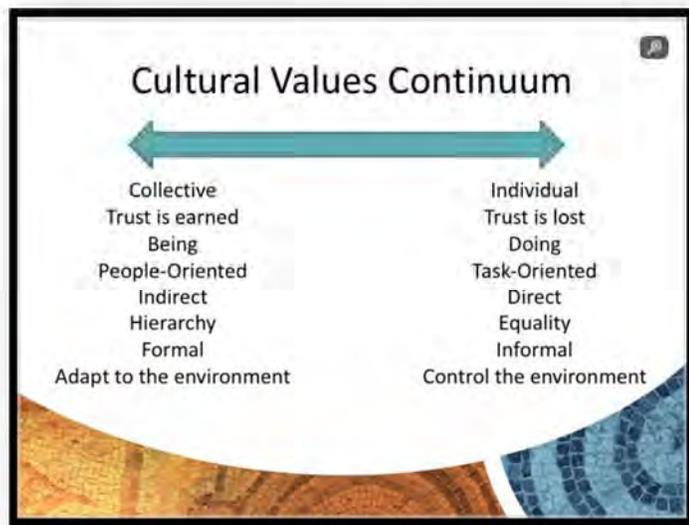
As you work through the Course Guide, you may record your answers to the Reflection Worksheet questions on this sheet.

1. Think about the reasons you have for choosing to come to a program at Red River College. What do you hope to accomplish?
Write down a few of your goals for the next 5-10 years. (You could also draw a picture on a separate piece of paper).

How will the things that you will be doing this year help you to move towards those goals?

2. Think about a previous cross-cultural friendship, experience, or interaction that you have had. What did you learn about the other person's culture through that interaction? What did you learn about yourself?

3. Think about your cultural background, and the values that are expressed in your home culture. What cultural values are expressed most strongly in your culture?



Do you think these cultural values might be similar or different in Canada?

4. Think about yourself, your culture, your different roles or identities. What words would you use to describe yourself? For example, you may identify as a student, a pop culture fan, Buddhist, Chinese, conservative, etc.) Try to think of 5-10 different descriptors.

Which of these words are most important to you? Why? How do they influence your daily life and routines?

5. How direct do you think communication is in your culture, on a scale of 1(very indirect) to 5 (very direct)?

What strategies do you use to communicate with people with very different communication styles?

Can you think of an example where you tried to modify your communication style? What happened?

6. Choose one or two things from your plan that you will do **this week** to continue preparing for your journey to Canada.

What is one thing you will do your first week in Canada?

Once you have completed this worksheet, save it with your name and Red River College Student Number as the file name and upload it to the Pre-Arival Orientation Completion Survey.