

# Reflection: The Art and Science of Knowing Yourself

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# What is Reflection?

- \* Why is reflection important?
- \* How does it relate to how we work with others?
- \* What does it mean for you?
- \* How do you do it?!

# Reflection Questions

\* How do you know yourself?

1. Who do my parents say I am?
2. Who do my peers say I am?
3. What message is reflected back to me in the faces and voices of my teachers, my neighbors, store clerks?
4. What do I learn from the media about myself?
5. How am I represented in the cultural images around me?
6. Am I missing from the picture altogether?

Tatum, B. (2010). The complexity of identity: Who am I? *Readings for diversity and social justice* (2<sup>nd</sup> edition). (p. 5-7). New York: Routledge

# Why is multiculturalism important in self reflection?

- \* Why are differences important when working together with others?
- \* How can we use those differences to benefit society?
- \* What challenges do we face when we work with people who are different from us?

# Circles of My Multicultural Self Activity



# Tying it all together

- \* Reflection is the beginning of self knowledge
- \* Knowing yourself better helps you realize the value of diversity
- \* When you know yourself and others better it allows you to lead better and work well with others.

# Thank you!

Questions?