

EXERCISE ON SOCIAL AFFILIATIONS AND SELF-CONCEPT	
Name	Twenty statements test
Project moment	Awareness Raising Workshops
Target group	Mentees and peers, participating in the workshops
Goals	This exercise asks each one to look at how social affiliations help to shape our self-concept.
Methodology	<p><i>Duration:</i> 30 minutes</p> <p>Initial task: "Write down twenty different responses to the question "Who am I?" Don't worry about evaluating the logic or importance of your responses—just write the answers as they occur to you. Give yourself five minutes to complete this task."</p> <p>Second task: "Now it's time to analyse your responses. Rate each one according to the four categories listed below. Evaluate, to the best of your ability, which responses fall into the A-mode, B-mode, C-mode, and D- mode categories.</p> <ul style="list-style-type: none"> • A-mode responses are the type of physical characteristics found on your driver's license or passport: "I am a blonde"; "I am short"; I am a Wisconsin resident." • B-mode responses describe socially defined statuses usually associated with group membership of some sort: "I am a college student"; "I am a Catholic"; "I am an African American." • C-mode responses describe styles of behaviour or emotional states: "I am a happy person"; "I am a country music fan"; "I am a fashionable dresser." • D-mode responses are more general than individual: "I am part of the universe"; "I am a human being." <p>You may have some difficulty deciding how to categorize some of your responses—for example, where does "I am an American" go—in A, B, or D? Use your best judgment. Count the number of each type of response. Now</p>

	<p>compare the totals—which category got the most responses?</p> <p>Those with more B-mode responses base their self- concept on group membership and institutional roles. Those with more C-mode responses see themselves as more independent, and define themselves according to their individual actions and emotions rather than their connections to others. It is likely that there are few (if any) people whose responses fall predominantly in the A or D mode. Those with more A-mode responses may feel that they have a “skin deep” self-concept, based more on their appearance to others than on their internal qualities.</p> <p>Those with more D-mode responses are harder to categorize, and may feel uncertain about the source of their sense of self.</p> <p>Developed by Manfred Kuhn (Kuhn and McPartland 1954); Louis Zurcher (1977)</p>
Resources	<p>Sheets of paper, printed description of the second task with the A, B, C, D categories, pens for all participants.</p>
Description of development	<p>Participants individually write their statements. They are informed that their results can remain secret or they can share them if they wish. The trainer helps participants in the second task by giving explanations and examples regarding the A, B, C, D categories.</p> <p>Participants asked the others in the group for help in categorizing the items, so it becomes a collaborative task.</p>
Recommendations	<p>In the end, reflect on our identity, as most young people usually have a majority of C-type responses. Also, for the B-type responses, reflect on our multiple belongings.</p> <p>They refer to individual behaviour, when discrimination patterns and cultural racism see people belonging to minorities as intrinsically B-type and belonging to only one group, “permeated” by their ethnic one.</p>