

Activity 5: Dimensions of Identity - Icebreaker and Discussion

The facilitators will put six big sheets of paper on the wall. Each sheet will be divided into four sections.

They will then hand out the Dimensions of Identity diagram (see page two) to the students. Each student will be asked to write their name in the center circle of the diagram, then to fill in the six circles that are connected to their name by writing down six dimensions of the ways that they identify as members of a group. These should be ways that are important or significant aspects of their personalities or lives.

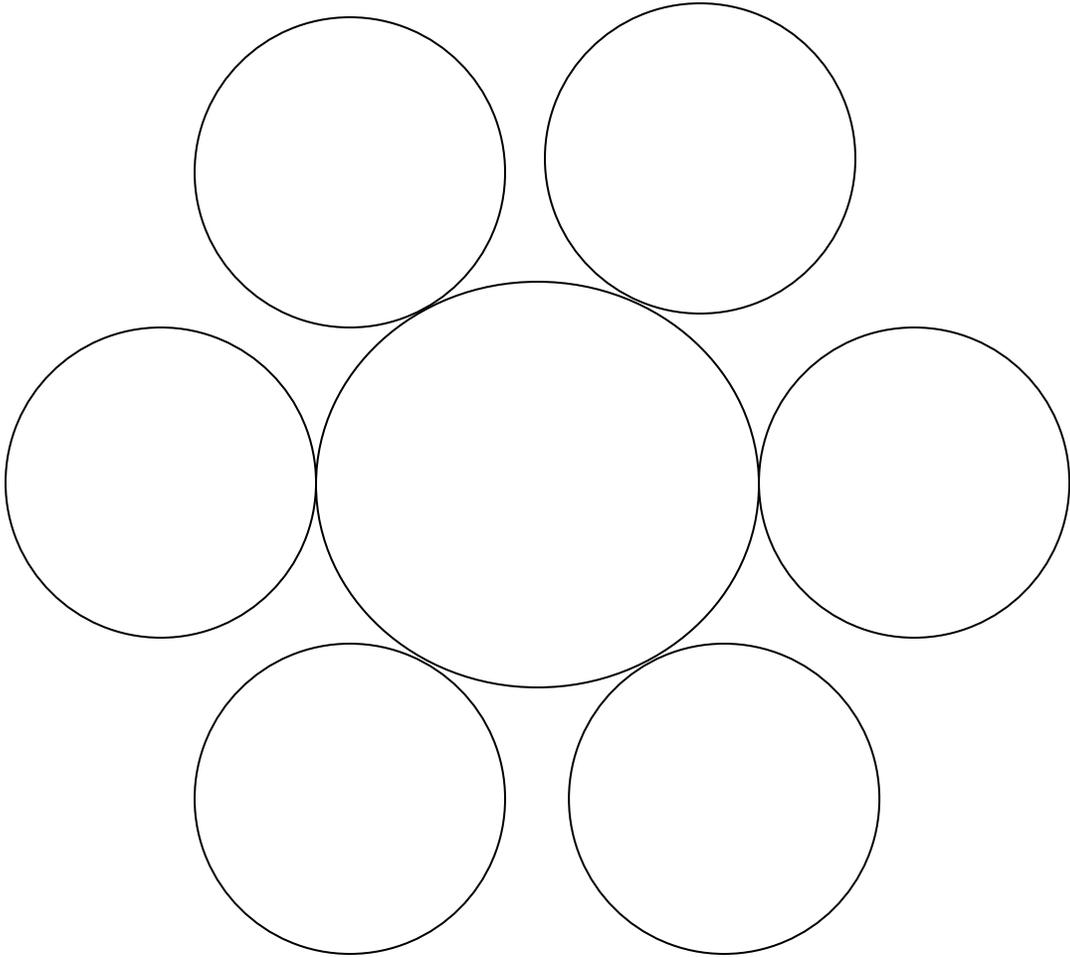
The facilitators will write down their identities as well. Then they will collect the diagrams from everyone, and start writing the different identities in the boxes on the sheets of paper. The facilitators will then return the diagrams to the students.

Students will then be asked questions about their diagrams. Each student will be asked question 1, and there will be a discussion. Then each student will be asked question 2, there will be a discussion, and so on.

Questions:

- If you had to choose your “main” identity group, which one would it be?
- Share a time when you were proud to be a member of that group.
- Share something difficult or challenging about being a member of that group.
- Share how being a member of that group impacts other aspects of your life.
- If you could only be a member of one of these groups, what difficulties or internal conflicts might you experience?
- How does being a member of one of your groups influence or conflict with your involvement or belonging to the other groups?

Dimensions of Identity



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