In our modern society, people want to be understood for the complexity of their identities. We each have a multiplicity of identities, both visible and invisible and we want each acknowledged, respected and valued.

This diversity wheel shows us that we all have multiple identities that intersect. Identities do not exist alone. A person’s power or privilege may increase or decrease because of society’s views about certain identities. Each aspect of identity helps individuals build their worldview. Even though two people look alike, they still have multiple differences in their identities.

How can I be more culturally aware?
- Examine your assumptions about people and their cultural identities. Remember that people may have different identities that overlap, such as race and gender, ideology and experience, beliefs and lifestyle, etc.
- Begin a discussion about diversity with your friends, family, class and others.
- Explore your biases and assumptions. Discuss your perspectives with someone you trust.
- Reach out to someone from a culturally different community; learn about his/her worldview and various identities.
- Read about cultures unfamiliar to you.
- Attend meetings of various campus diverse organizations and sponsored events. Attend weekly discussions/presentations at the Rinker Center (www.bsu.edu/RinkerCenter) and the Multicultural Center (www.bsu.edu/MulticulturalCenter).
- Attend a SAFEZONE/TRANS SAFEZONE training (www.bsu.edu/safezone) or a meeting of SPECTRUM (www.bsu.edu/Spectrum).
- Attend a religious service or meeting different from your own and talk to people to obtain a better understanding of how they the world.

Do any or all of the above with an open mind and heart, a desire to learn and understand, and without prejudgment. For more information call the Counseling Center at 765-285-1736 and talk with someone on the Diversity Outreach Team.

YOU MIGHT WANT TO KNOW

RESOURCE & RELAXATION ROOM INTERNS
We need you! We are looking for students to volunteer or intern in the Counseling Center Resource & Relaxation Room.
Complete and return the application (www.bsu.edu/campuslife/counselingcenter/resourceroom) to Lucina Hall 310-C.

WELLTRACK is an online self-help tool that promotes mental wellness on campus and is available at your fingertips.
- Visit bsu.welltrackapp.com/signup.
- Sign up using your @bsu.edu email address.
You can now begin your journey to better mental health.

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