

Cultural Wealth

Read each of the following statements. If a statement is true for you, mark it with an "X". Once you are finished, count the total number of advantages that you have.

Aspirational Capital

- Despite my family's level of education, there was a belief I could graduate from college.
- It was instilled in me that no matter where I came from, I can succeed in school and my career.
- I feel like I can accomplish my goals because of the perseverance of my community.
- My successes were celebrated by family.

Familial Capital

- Pride in my culture was instilled in me even though it's not represented in the mainstream.
- Our family history is celebrated and actively discussed regularly.
- I have lived in a multigenerational household.
- I found a chosen family based on acceptance and authenticity.

Social Capital

- I was able to reach out to people with a similar social identity to myself for help to find opportunities.
- I did not feel like I was alone in attaining a difficult goal because I had the support of my community.
- I feel a sense of connection with others who share similar identities to myself.

Linguistic Capital

- I grew up learning more than one language
- I have had to help interpret different documents for my family/friends.
- I can bridge cultural gaps when I am speaking in different languages.
- I am able to code switch, or select different expressions or ways of talking around different groups

Resistant Capital

- I have learned to focus on cultivating joy even when people with shared identities are being targeted.
- I advocate for better conditions for my community because there is a history of resistance I can call upon.
- I challenge misconceptions or stereotypes about myself or my community.

Navigational Capital

- I was able to navigate legally changing my gender markers with help from an LGBTQ+ friend or organization.
- I learned how to navigate the education system through the support of a teacher, family member, or mentor with a similar identity.
- I learned to assert myself to support a friend or family member through the health system.

Reflection questions:

1. How did this feel?
2. What was missing or not included?