



THE UNIVERSITY
of ADELAIDE

Cross Cultural Psychology

Psychology 1A Tutorial



Welcome to our first tutorial.

Today's plan:

- About the tutorials (5 mins)
- Introductions through a group activity (10 mins)
- Other housekeeping (5 mins)
- Cross Cultural Psychology activities (25-30 mins)
 - Race vs culture (15 mins)
 - Tutorial Engagement Task (5 mins)
 - Mental health support in a multi-cultural society (10 mins)

About these tutorials

- Aims
 - Consider & apply lecture material
 - Help with MAE preparation
 - Source of career-ready skills
 - Applying research
 - Communication & teamwork
 - Respecting others' ideas (even if they differ from your own)
 - Finding help when needed
- Structure
 - Activities, Tutorial Engagement Tasks (for marks)

Timing and attendance

- Tutorials are FORTNIGHTLY not weekly
- Please try to have watched all lectures before coming, and to have read the textbook if possible – good personal deadline!
- It is OK to go to another tutorial if you cannot attend your own (space permitting)
 - You don't need to ask for permission
 - Times and locations/Zoom links on MyUni
 - There will also be a pre-recording of activities on MyUni

Tutorial Engagement Tasks

- 5% of your grade is Tutorial Engagement
- Six tutorials, worth 0.83% each
- You need to do the brief quiz on MyUni – I'll help!
 - Try to submit them during the relevant module
 - Due by **19th June 11:59pm**
 - NO extensions / late submissions

About you

- Within a small group, determine 3 things you all have in common
 - The more creative the better – the aim is to come up with three things no others groups have
- Report back to the class

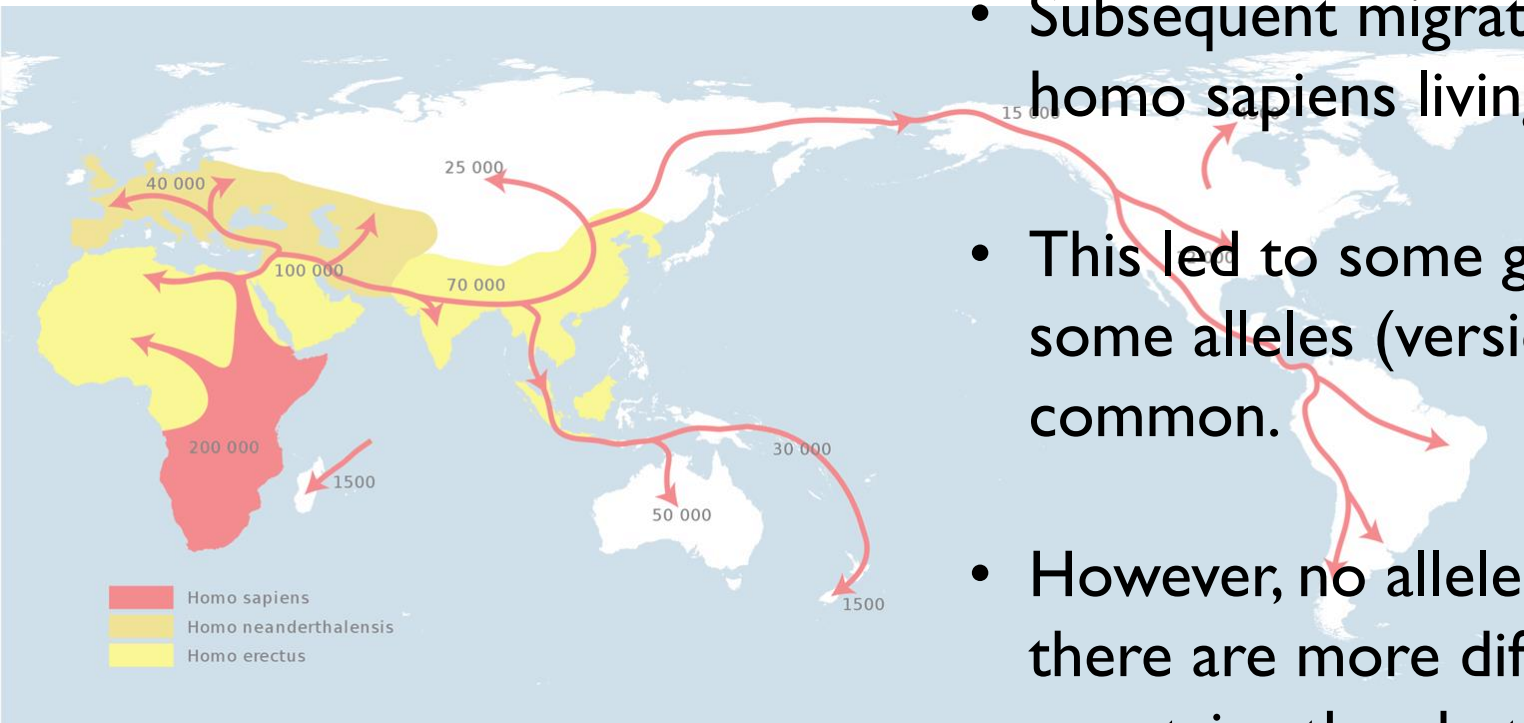
Other housekeeping

- MyUni for all course info & materials (+ Piazza discussion board)
- The Writing Centre - <https://www.adelaide.edu.au/writingcentre/>
- The Maths Learning Centre - <https://www.adelaide.edu.au/mathlearning/>
- Library - <https://www.adelaide.edu.au/library/>
- Counselling service - <https://www.adelaide.edu.au/counselling/>
- Computer lab (Hughes Building, Level 2)

‘Race’ vs. ‘culture’

Race and culture

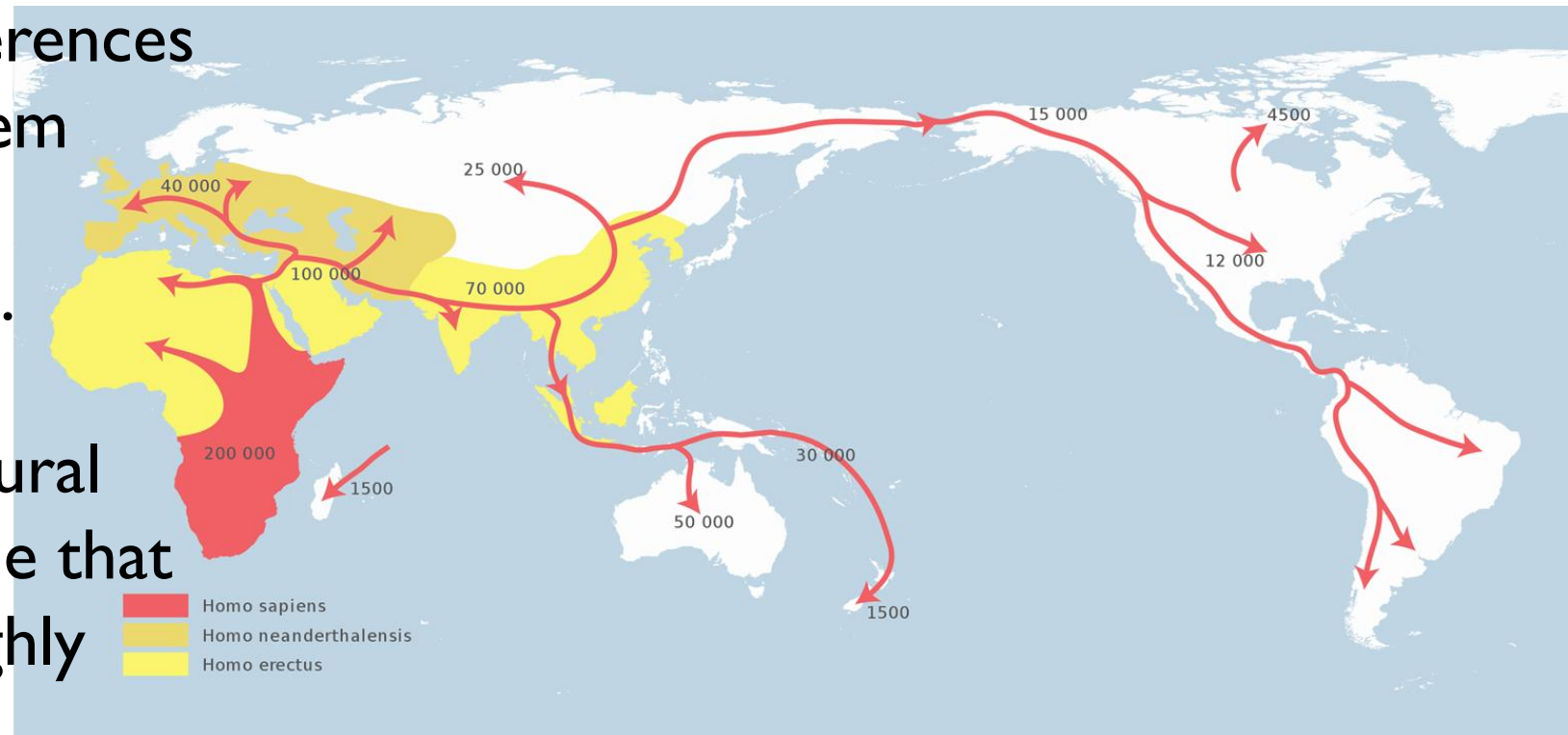
“Out of Africa”



- Overwhelming evidence that ‘homo sapiens’ are one species that originated in the horn of Africa 200,000-300,000 years ago.
- Subsequent migrations resulted in many generations of homo sapiens living in different geographic conditions.
- This led to some groups being more likely to have some alleles (versions of a gene or gene-group) in common.
- However, no allele is exclusive to any one group, and there are more differences between people within countries than between countries.
- **So, ‘race’ is a socio-political construction rather than a biological reality.**

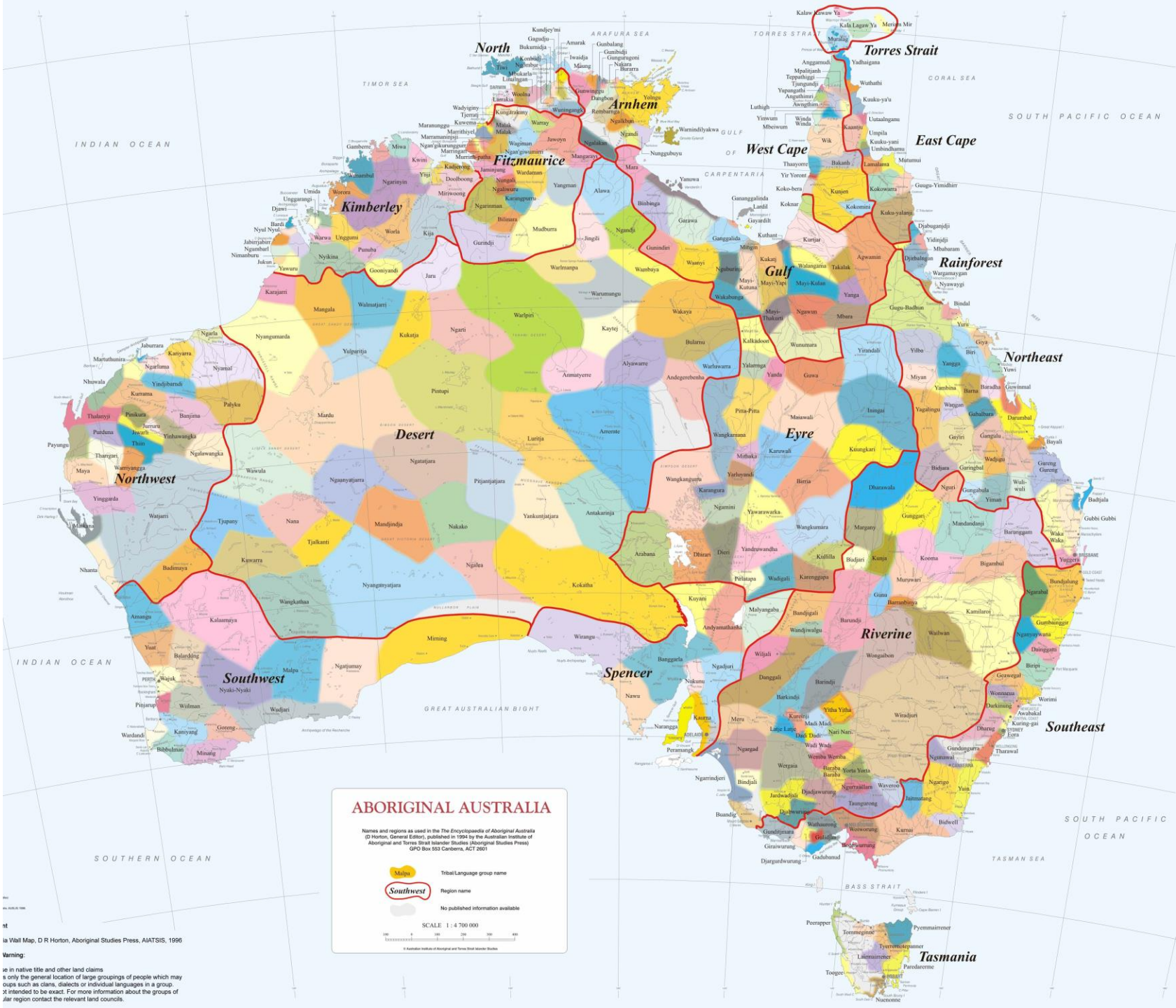
- What about ‘culture’?
- Some 7,000 languages are spoken in the world today, and differences and similarities between them reflect the early migration patterns shown on the map.
- One approach in cross-cultural research has been to assume that cultural differences fall roughly along the lines of linguistic boundaries.

Race and culture “Out of Africa”



For example...

... the Aboriginal nations of Australia are often distinguishable on linguistic grounds.



Group discussion

Based on the lecture notes and your own experience, answer the following questions in small groups:

- **What is a possible definition for culture?**
- **What is race and how is it different to culture?**

Tutorial Engagement Task

Which of the following are accurate descriptions of the distinction between race and culture? Select all that apply.

- A. Culture is a set of common understandings, beliefs and practices, that is *learned*, whereas race refers to *inherited* physical characteristics common in a group. Inherited characteristics include facial features and skin, eye and hair colour.
- B. Culture is socially constructed, whereas race is not.
- C. The idea that specific, identifiable races exist has been discredited by modern genetic research, whereas cultural differences are a subject of ongoing research.
- D. Both race and culture are difficult to define.

Working in mental health support in a multi-cultural society

Psychology graduates can enter a wide range of careers, including:

- being a practicing psychologist in a clinical, health, or organisational setting
- becoming a researcher/academic at a University
- working in government departments or agencies
- working for non-government organizations involved with health-care provision
- employing the skills and knowledge acquired in the psychology degree in professions such as teaching, advertising, economics, and running businesses

Australia is a multi-cultural society, so most jobs require working with people from diverse cultural backgrounds, including people from the different nations of Aboriginal Australia.

Group discussion

In groups, referring to the textbook excerpt on your handout, discuss:

- **What sorts of challenges might you face in these situations?**
- **What sorts of strategies could you employ to face these challenges?**

Group discussion follow-up

What sorts of challenges might psychology graduates face in working with people from diverse cultural backgrounds?

- Different cultures have different beliefs and practices, which might:
 - act as barriers to healthcare seeking
 - lead to embarrassment or unintended insult
 - restrict an individual's availability (religious holidays, etc.)
- Dealing with own 'culture shock' (feelings of guilt and shame) during cultural competence training

What sorts of strategies could be employed to face these challenges?

- Be persistent and planful, but also patient, with cultural competence training – see it as an incremental and gradual process that is critical to undertake
- Acknowledge that working well with people from diverse backgrounds requires networking and planning outside of immediate service provision (e.g., in developing relationships with cultural consultants, and building and finding resources)
- Be open to planning support processes in which you as the practitioner are not central

Summing up

- Two of the UoA graduate attributes involve cultural competency
- We want to train you to be able to work effectively with people from different cultures
- This is a gradual process!
 - The first steps towards cultural competency involve self-reflection, self-awareness and respect
- Most importantly:
 - Be aware that cultural differences exist
 - Understand that your particular cultural values are no better or worse than any other culture's values
 - Be respectful of other cultures' beliefs and practices

Thank you!

See you next fortnight