

NAME: _____

DATE: _____

Activity: Reflection and Discussion on Western and Eastern Self

Objective:

To understand and critically analyze the differences between Western and Eastern concepts of self, individualism, and collectivism.

Instructions:

1. Reading and Note-taking:

Read the provided chapter on "The Self in Western and Oriental/Western Thought." Take notes on key differences between Western and Eastern concepts of self, individualism, and collectivism.

2. Group Discussion:

Form small groups of 4-5 students. Discuss the following questions within your group:

- What are the key differences between the Western and Eastern concepts of self?
- How do these differences impact individual behavior and societal norms in the Philippines?
- Can you identify instances in Filipino culture where Western and Eastern influences clash?
- How do you personally navigate these conflicting cultural influences in your daily life?

3. Presentation:

Each group will present their discussion highlights to the class. Focus on:

- The most significant differences between the two cultural perspectives.
- Real-life examples of cultural clashes.
- Personal reflections and strategies for balancing these influences.

4. Reflection Essay:

Individually, write a one-page reflection on the discussion. Address:

- Your understanding of Western and Eastern concepts of self.
- How these concepts manifest in your own life.
- Any changes in perspective you might have experienced after the discussion.

Upload the Results to this Link:

https://drive.google.com/drive/folders/1rtoz4a34qAQUTC9NLTab18YsR9l2xLB?usp=drive_link