**Journal Instructions**

Throughout the course, students will submit 4 journal entries which guide them to reflect on their cultural intelligence (CQ) scores, set measurable goals and action steps for improving their CQ, and participate in activities and experiences which will help to practice effective intercultural communication. **(Please note that journal entries should be submitted in the module/week listed below, but students will receive one grade for their whole journal in Module/Week 8 of the course).** Your journal entry should be at least 400 words, but some of the prompts will require much more to answer the questions thoroughly. While journals are not formal academic papers, you still should take great care to make sure you always write in complete sentences with proper spelling and grammar.

Submit Journals 1–3 by 11:59 p.m. (ET) on Monday of the assigned module/weeks. Submit Journal 4 by 11:59 p.m. (ET) on **Friday** of Module/Week 8.

# **Journal 1 (Module/ Week 2)**

We will start our CQ journey by reflecting on our own cultural experiences. Answer the following questions in your CQ journal. (Questions in parenthesis are suggestions to help you think through your answers)

* Share about your own cultural background (*Where is your family from? What traditions define your culture? What parts of your upbringing or experiences are significant to define your cultural values?*)
* Share about your cross-cultural experience: (*What kinds of interactions have you had with people who are from significantly different ethnolinguistic backgrounds than your own?)*
* Look at your cultural value orientations from your CQ report. Which ones are most pronounced? What cultural value orientations most impact the way you interact with the world?
* Look at your Cultural Intelligence dimension scores and write an initial response. Do you agree with them? What experiences, background, and challenges might be impacting those scores?

# **Journal 2 (Module/ Week 4)**

This CQ Journal entry will focus on your CQ assessment report. You should have downloaded and saved the report from the CQ center after you took the assessment in Module/Week 2. Review your CQ report and then answer the following questions in your CQ journal.

* Discuss why and how the concept of CQ is relevant to you and your future personal and career goals.
* Based on your CQ Assessment results and your personal reflection, discuss your strengths and growth areas in each of the four CQ dimensions (CQ Drive, CQ Knowledge, CQ Strategy, CQ Action).
* How has your understanding of Cultural Intelligence and the realities of interacting across cultures changed so far during this course?
* Discuss the ways you will seek to increase your CQ in the next 4 weeks as we finish this course? What about over the next year?
* How is Cultural Intelligence an essential part of the process of becoming a disciple and of making disciples who follow Christ locally (against the backdrop of American Christian culture) and globally (in places where they have never heard the name of Jesus)?

# Journal 3 (Module/ Week 6)

For this journal, each student will need to seek to have a cross-cultural experience and engage with people from a different ethno-linguistic background than your own. Here are a few suggestions of experiences to have:

* Visit the home of a friend from another country. Ask them to teach you how to make food from that country, or how to play a sport which is unique to that country. Talk together about the differences in your two cultures and challenges of interacting with people who are different.
* Attend a cultural celebration or festival sponsored by a local cultural association. Learn about the various traditions. (Look for Greek Festivals, Indian Cultural Festivals, Chinese New Year celebrations, etc.)
* Visit a local non-Christian place of worship (Mosque, Hindu temple, Buddhist temple, etc.). Respectfully ask for a tour and ask for someone to share a little about their religion, the meanings of certain artifacts or statues you see, and the purpose of the practices you witness.
* Attend a Christian worship gathering where most of the attendees have an ethno-linguistic background that is different than your own. (Many communities have churches who worship in a foreign language)
* Visit a local ethnic restaurant (note: Taco Bell, Panda Express, Chipotle, Chuy's, and other American chain restaurants that serve "international food" do not count as ethnic restaurants. Find a place where the chef and most of the staff are from the country from where the food originates, and other people of that same ethnicity go there to get food from home).Talk with the staff about where they are from and ask them about how they make their most iconic dishes. Ask about the role food plays in their culture. \*\*This only counts if you actually engage in conversations other than ordering food!\*\*

After you have completed your cultural experience, use the questions below as a writing prompt for your journal. (*Questions in parenthesis are suggestions to help guide your thinking*)

* Describe your cultural experience. (*Where did you go? Who did you talk to? What do you see, hear, smell, taste, feel? Did anything surprise you? What did you most enjoy about the experience? What was the most difficult part?)*
* Discuss what you learned about the culture represented through the experience.
* How can your CQ help you in cross-cultural experiences such as these (be specific)?
* How has your awareness of cultures in general or the specific culture represented changed as a result of your experience?

**Alternative Assignment Option for Journal 3**

* We know that some students live in places and situations which may prevent them from having such a cross-cultural experience. While we encourage you to do some more research in your community because many students are surprised to find that there is more diversity than they expect, we do understand that there are limitations. If you cannot find a cross-cultural experience like the ones listed above, you may, with the prior permission of your instructor, use a digital experience as a substitute. You may watch a movie that was produced in a foreign country (think Bollywood, Chinese film, French Film, etc.), or watch a movie about a person who crosses cultures. Please contact your professor if you would like to use a digital option for this journal. For your journal entry you will discuss the elements of culture you found to be unique in the media (especially focus on cultural value orientations, the cross-cultural challenges experienced by the character, and the ways you would apply cultural intelligence to be able to engage that culture effectively.

# Journal 4 (Module/ Week 8)

In your final CQ journal entry, you will reflect back on your CQ journey throughout the course. Answer the following questions in your CQ journal.

* Did you meet the goals or accomplish the action steps you set in Journal 2?
* How has your understanding of Cultural Intelligence and the realities of interacting across cultures changed during this course?
* Discuss the ways you will seek to increase your CQ as you continue on beyond this course.
* What is the most significant thing you have learned about intercultural communication and engagement?
* How can you apply what you have learned about CQ to our global purpose of engaging the nations with the gospel?