

Culture and Heritage Assessment

In completing this assessment, answer questions based on your childhood (0-18 years old). If you were raised by someone other than your birth parents, answer based on the person who raised you the most.

1. What is the (ethnic)culture you most identify with?
2. Where was your mother born?
3. Where were her parents born?
4. Where was your father born?
5. Where were his parents born?
6. How many brothers ____ and sisters ____ do you have?
7. What generation did family come to the US/Hawai'i? (grand/great grandparents?) and where did they come from?
8. What language was spoken primarily in the home? Any secondary language?
9. What language do you speak? (list all)
 - a. Can you read in this/these languages?
10. How many generations lived with you in your home? Did anyone else in the home speak a different language?
11. Who worked to provide for the family?
12. Who made the decisions for the family? (Mother? Father? Shared? Someone outside the family?)
13. Who (was expected) to care for children in the family? (shared?)
14. Did any Aunts/Uncles/Cousins live near your home?
15. How often did you visit family members who lived outside of your home?
 - a. Daily?
 - b. Weekly?
 - c. Monthly?
 - d. Yearly
 - e. Never?
16. Was your original family name changed?
17. What religion did your family observe/practice?
18. Is your spouse the same ethnicity/religion as you?
19. What kind of school did you attend? Public? Private? Parochial? Homeschool? Other
20. As an adult, do you live near or in the same neighborhood where you grew up?
21. As an adult do you live in a neighborhood where the neighbors are the same as you:
 - a. Ethnically?
 - b. Religiously?
22. Do you currently belong to a religious institution?
 - a. If yes, would you consider yourself an active member?
 - b. If yes, do you practice your religion at home? Specify (praying, scripture reading, diet, religious holidays)
 - c. If no, are you observant of some of the beliefs and teachings or have you rejected all beliefs?

23. Do you prepare foods special to your ethnic background?
24. Do you participate in ethnic activities?
 - a. Singing, holiday celebrations, dancing, festivals, costumes, other?
25. Are your friends from the same religious background as you?
26. Are your friends from the same ethnic background as you?
27. In your childhood home how did you observe following:
 - a. Birthdays for children/adults
 - b. Graduations
 - c. Marriages
 - d. Childbirth
 - e. Divorce
 - f. Death
28. What were the health practices of the family?
 - a. Regular care by a western MD?
 - b. Meals/drinks prepared when someone was sick?
 - c. Religious activities/observance for the sick?
29. What were the beliefs/attitudes towards drugs/medications (legal/illegal/wholistic)?
30. What were the health practices for dental health?
31. What were the health practices/beliefs surrounding diet/exercise?
32. Did anyone in the home require care? Who? Who provided the care?
33. What was the attitude/expectation for education?
 - a. Complete high school?
 - b. Complete technical school?
 - c. Complete college?
 - d. Schooling not an emphasis, what was?
34. What was the attitude/expectation for work/employment?
 - a. Gender differences?
 - b. Types of work?
35. Did anyone in your family (that you interacted with) have a chronic disease?
 - a. How was this disease cared for?
 - b. Did this person die from the disease?
 - c. What are the attitudes/concerns about this disease with the rest of the family?