



## TCK Profile Benefits and Challenges

### Warm up Questions:

- When was the first time you heard the term Third Culture Kid (TCK)?
- Have you considered why you are a TCK?
- What are some of the benefits and challenges of being a TCK in your opinion?

### Expanded Exercise:

- Have participants take a look at this chart (condensed from the Growing Up Among Worlds 3<sup>rd</sup> Edition book by Ruth Van Reken, Michael Pollock, and David Pollock):

Benefits	Challenges
<ul style="list-style-type: none"> <li>• Expanded worldview</li> <li>• Resilience</li> <li>• Cross cultural enrichment</li> <li>• Adaptability</li> <li>• Ability to blend in</li> <li>• Importance of now</li> <li>• Independence</li> <li>• Cross cultural skills</li> <li>• Cultural bridges</li> <li>• Observational skills</li> <li>• Empathy</li> <li>• Bi(multi)lingualism</li> <li>• Many friends</li> </ul>	<ul style="list-style-type: none"> <li>• “Where is home?”</li> <li>• Unresolved grief</li> <li>• Ignorance of home culture</li> <li>• Lack of true cultural balance</li> <li>• Accentuating differences</li> <li>• Difficulty making decisions</li> <li>• Feeling choiceless</li> <li>• Rootlessness</li> <li>• Restlessness</li> <li>• Difficulties with identity formation</li> <li>• Insecurity</li> <li>• Not proficient in mother tongue</li> <li>• Emotional withdrawal</li> </ul>

- Ask participants:
  - Which benefits resonate with you right now?
  - Which challenges resonate with you right now?
  - What’s your favorite benefit?
  - What’s your biggest challenge?
  - Which would you say is a hidden benefit right now and how will it become more apparent later?
  - Which would you say is a hidden challenge right now? How can we support you with this challenge?

### Wrap up Questions:

- How can we support each other celebrate the benefits? Who else can celebrate with us?
- How can we support each other in moving through the challenges? Who else can support?