Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries Chapter 1: The Spirit Essence of All We Do: Cultural Identity and Success**

1. What name do you use to describe yourself? (Native American, American Indian, Alaskan Native, First Nations, Indigenous, Aboriginal, Metis, Inuit, or other) What is your tribal name? Write at least one sentence about being proud of who you are. Remember that you can be empowered by taking pride in yourself and your community. You may be asked to share this information with other students in your class.
2. You have just read about the low completion rates for Native American and Indigenous students. You have made the courageous decision to attend college. What steps can you take to be one of the students who successfully completes his or her education?
3. Take a moment to reflect on home. What does home mean to you? Is home the house you live(d) in or is it the community you grew up in? Does your family understand your goals and support you in attending college?

As described earlier, Native American and Indigenous students have cultural values based on community and cooperation, and not so much on the individual. Many students feel as though their college degree will allow them to return to their communities and “give back to the community.” Others feel that by becoming educated they may be able to make societal change that will benefit their family and tribal communities. Others may just want to improve their career prospects and create a better life for themselves and their families. For many students, it is important to define why you are in college. What is your reason for wanting to earn a college degree?

1. Think about the obstacles you might face while attending college. What steps can you take to overcome these obstacles?

What are some of the strengths of your culture? How can your culture empower you to complete your education?

1. Using some of the ideas from the above sections on personal empowerment, health and well-being, and suggestions for learning, write five intention statements about your success in college, careers, and life.

I intend to