# The Catholic University of America Counseling Center

## Aspects of cultural identity

Nationality

It is the country that the person is born in, and/or the country that the person currently lives in. It determines cultural identity because the person adopts the culture of that country.

Ethnicity

It is the culture of the person and is a very crucial aspect of cultural identity as the person usually has the culture of his/her respective ethnicity. It also often helps identify the physical looks of the person.

Religion

It is the set of moral beliefs and principles related to the existence of God and the world. It contributes to cultural identity by helping in determining the personal and moral characteristics of the person. Religions have throughout time, shaped many cultures.

### Education

Cultural identity has a direct impact on the way children perform in education. This can be described by the following example – Asians are usually quiet in class and consider it inappropriate to make eye contact with the teacher. However, European children value active classroom discussion and maintain eye contact as it reflects their respect and engagement.

### \*Other aspects include the sexual orientation, gender identity, social class, locality and generation characteristics of the people.