



## WHO AM I ?

A woman with hazel eyes and milky skin. I used to know myself as white and strongly was believing it, even when I started college in Oklahoma and had deep Persian accent, I believed I was white. Then I went to Canada and never felt different. Since 2012 that I moved to Virginia, I am questioning myself “am I colored?” then I am wondering where this feeling coming from? I am in a low percentage of people whom speak in second language in other country that always made me be proud of myself even though I cannot write well and cannot speak fluently. My vocabulary is as much as first grade kid, but I was proud of myself. I was working with diverse clients in a skilled level. I still work in a skilled level therapist but not getting satisfaction.

I know what emotional intelligence is; self- knowledge, managing my emotions, and understanding others.

I had to study to know more. I find this research that is done by students who work in psychology and published in January 2020 journal of “American Psychologist”. These students are not born in America, like me, and or are second generation in America, like you, some white like us and some colored that their culture are different that American colored. I like to share with you the result of their research;

The findings lend credence to the idea that ethnic-racial socialization’s associations with psychological and behavioral functioning are nuanced, as delineated subtypes of ethnic-racial socialization showed more consistent and stronger ties with an array of psychosocial outcomes. As hypothesized, cultural socialization exhibited more consistently salubrious associations with multiple facets of psychosocial well-being. Specifically, cultural socialization exhibited positive relations with self-perceptions and inter-personal relationship quality, as well as a negative link with externalizing behaviors. Parental messages highlighting the positive features of a child’s racial/ ethnic and cultural identity likely relate to higher self-esteem and self-efficacy through multiple routes.

One prospective pathway through which cultural socialization may be connected to conceptions of the self is by enhancing feelings of cultural entitlement or intrinsic social status for example; the belief that one is a worthwhile and valuable member of the society; particularly in the context of discrimination and negative racial stereotypes (Richardson...2015, Kate, De Koster, & Van der Waal 2017) . By increasing positive feelings toward one’s racial/ethnic group, cultural socialization may also enhance children’s bonding social capital, thereby promoting positive connections with relatives and peers (Alme-dom 2005, Wang, Cham, Aladin, and Yip 2017).

In addition, socialization messages revolving around cultural heritage and pride have also been shown to buffer against maladaptive behaviors (aggression) among youth who have endured higher levels of community violence and interpersonal prejudice (Banerjee, Rowley, Johnson 2015, Burt, Simons, and Gibbons 2012). Our analyses revealed that ethnic-racial socialization’s relations to self-perceptions were larger during early adolescence than during childhood, middle adolescence and late adolescence/ merging adulthood.

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Although links between socialization messages and self perceptions were also stronger during childhood than during middle and later adolescence/ emerging adulthood, the size of the effect was relatively small.

In late middle childhood/early adolescence contextual stressors increase for children as they transition into middle school, confront more rigorous academic content, experience the onset of more fraught relationships with parents and peers and gain greater intellectual and social autonomy (Wang, Kiuru, Degol, Salmela-Aro 2018) For youth of color, these normative changes are combined with burgeoning racial/ethnic identity exploration, increased awareness of racial stereotypes, and greater vulnerability to stereotype threat and the anxiety underlying it. As a result, ethnic-racial socialization may buffer children against the diminished self-esteem that can attend

Meanwhile, the extant literature typically fails to consider the specific challenges Asian American families confront and the unique developmental contexts Asian American children are embedded within that may yield substantive differences in families' adaptive responses, a higher proportion of foreign-born parents, model-minority stereotypes, considerable ethnic heterogeneity, for instance, some research has suggested that Asian American parents engage in cultural socialization as well as more acculturation to mainstream or American culture norms and identity, while rarely engaging in conversations or consciousness-raising about discrimination and how to cope

As a result, when Asian children and youth encounter bias in majority contexts, they may have less well-developed coping skills to deal with threats to their self-perceptions and psychological well-being.

It explains well that I know that I am white but I don't know how to present my ethnic/ racial which is in minority range, therefore, American society expect me to act American. However, my core values that are effected by my ethnic/ racial cultural stopping me to place myself among the majority. A small crowd surround me and I am having understanding and meaningful relation with them. I am coming from other side of the world rich with 6,000 years of history that developed a powerful ethical cultural background. I am carrying good deed and good thoughts where ever that I decide to reside.

### Experiences



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