

**HANDOUT**

# Social Identity Wheel<sup>1</sup>

**Directions:** *Social identity* refers to your sense of who you are based on your membership in certain groups. **On the next page**, complete the social identity wheel by writing the number of each statement in the box(es) that correspond to your answer. For example, write a “1” in the box(es) of the identities that you think about most often. There can be more than one number in each box, and some boxes might not have any numbers.

As you are working, think about situations where you might feel or be more aware of different aspects of your identity. Also think about how these identities impact how you see and treat other people. **You will not have to share this graphic organizer with anyone else.**

**Statements:**

*On the next page, write the number of each statement in the box(es) that correspond to your answer.*

1. Identities you think about *most* often
2. Identities you think about *least* often
3. Identities that have the strongest effect on how *you perceive or define yourself*
4. Identities that have the strongest effect on how *others perceive you*

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<sup>1</sup> [Social identity wheel](#) adapted from University of Michigan LSA Inclusive Teaching.

**Socioeconomic class**

**Age**

**Physical, emotional, developmental (dis)ability**

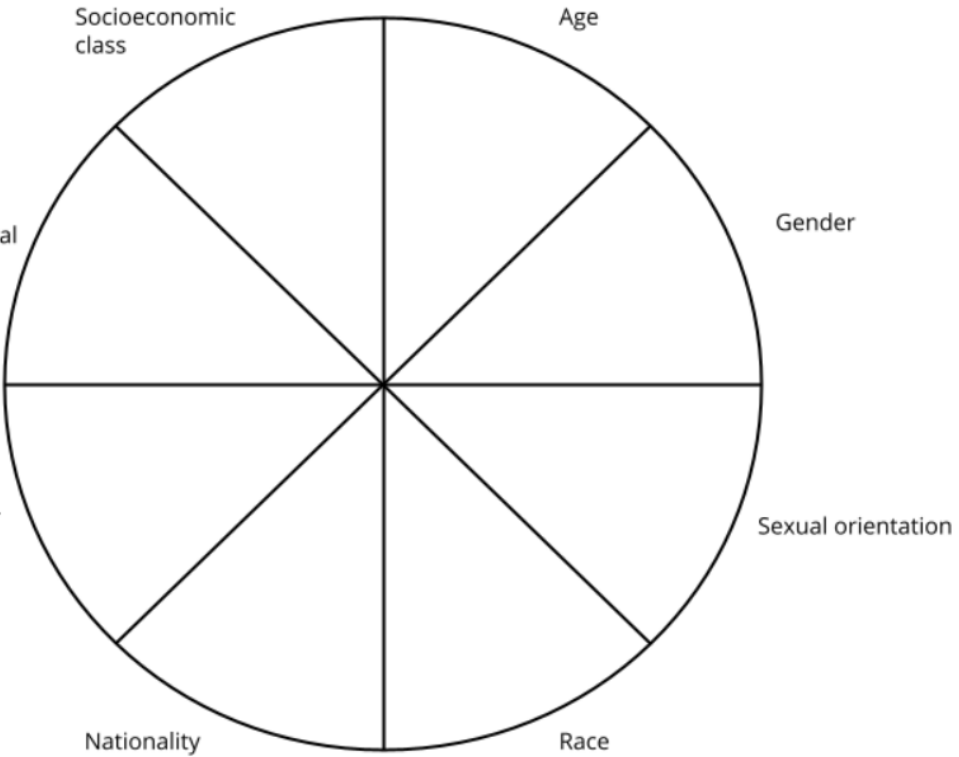
**Gender**

**Religious or spiritual affiliation**

**Sexual orientation**

**Nationality**

**Race**



## Personal Reflection Questions

**Directions:** Use your social identity wheel to help you respond to the following questions in your journal. As you reflect, consider how your membership in certain social groups, whether by choice or because you were born into them, can impact your sense of who you are and your interactions with others. **This is a private response that you will not have to share.**

1. Which identities do you think about or feel *most* often? When are you most aware of these identities?
2. Which identities do you think about or feel *least* often? Why do you think you aren't aware of them a lot of the time?
3. Which identities have the strongest impact on how you perceive or define yourself?
4. Which identities have the strongest impact on how you think other people perceive or label you?
5. Review your answers to questions 1–4. How might your age and/or circumstances influence, or even change, some of your answers?
6. Which identities, if any, have changed or are changing as you grow up?
7. How well do you think the social identity wheel graphic represents your social identity? Would you add or change any categories? If so, which ones? If not, why not?