



# HELPING STUDENTS IDENTIFY AND CHANGE JUDGMENTAL THINKING

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Being judgmental can be defined as assigning value, **good** or **bad**, to a person, object, or situation. Although in some situations it is necessary to judge, when students become judgmental of their host country, they often miss out on opportunities for greater adjustment and growth.

- Instead of making a judgmental statement, it is more helpful to state the facts:

**Judgment:** “This meat is bad.”

**Statement of Fact:** “This meat is rotten.” OR “This meat is over-cooked.”

**Judgment:** “The French are rude.”

**Statement of Fact:** “Many French people don’t return my smile on the street and this is unsettling to me.”

Often our judgments are unconscious and **express preferences** or **compare to a standard**.

- In the example below, a student is likely uncomfortable about factors in their new environment feeling “different” from what they are used to.

**Judgment:** I haven’t seen a normal car since I’ve been here.”

**Statement of Fact:** “I haven’t seen a typical American-sized car.”

Becoming **mindful** of their thoughts and feelings can help students move through the stages of cultural adjustment.

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## Exercise:

- What are judgments have your students had about their host country?
  
  
  
  
  
  
  
  
  
  
- Can you transform these judgments into empathic statements of fact?