

Strengths Based Cross Cultural Education: Basic Principles

- All students have strengths: We should be on the lookout for skills and capacities that students bring to the table.
- When students seem helpless or hopeless, a strengths focus can be instrumental in helping them move past difficulties.
- When students are struggling, there is tremendous opportunity for growth.
- Each student can gain from cross cultural experiences, and we can't predict who will gain most. Assessment should be geared towards degree of growth not achieving a standardized goal.
- Working *with* students who are struggling (as opposed to working *on* students) will help them to feel more in control and more invested in the outcome.
- Every environment (family; host family; host culture) is full of resources. Sometimes we have to look hard to find them.

Questions to Elicit Strengths. These kinds of questions put the student in the position of being the expert on his/her experiences.

- How did you deal with this before?
- Who is on your team?
- What do you think is going to happen?
- How do you stay well?
- What are your goals?
- What should you be worried about?
- What would your hero/parent/mentor advise?

Wellness Planning

- Current treatment
 - What has worked in the past?
 - What will you keep doing?
 - What will you take a break from?

- Resources
 - Internal Resources
 - Physical
 - Emotional
 - Cognitive
 - Techniques for self-care
 - Resources in Environment
 - Culture
 - Family
 - Friends
 - Care professionals

- Planning
 - What are possible warning signs that you are running into trouble?
 - What will you do to maintain your health?
 - What will you do to manage an emergency?
 - What will you do if there is an emergency that can't be managed away from home?