



Activity: Reflecting on and Sharing Your Identity Wheel

There are a number of identity wheel exercises available to encourage reflection, build community and further engage with each other. Below are two examples adapted by the University of Michigan Literature, Sciences and Arts. For further information about how to use these wheels, visit <https://sites.lsa.umich.edu/inclusive-teaching/>.

Purpose: This activity can be used to help the mentoring pair learn more about one another or find common ground which promotes inclusion, empathy and community.

Time: 35-45 minutes (10-15 minutes individually, 25-30 minutes for discussion)

Materials: Identity wheel (such as the [Personal](#) and [Social Identity Wheels](#) from the University of Michigan Literature, Science, and Arts), writing utensil

Who: Complete the map individually and then discuss the experience with your mentoring partner.

What:

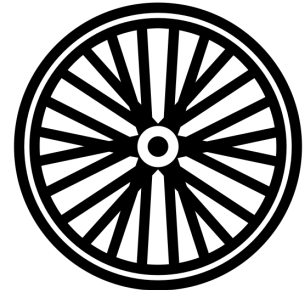
1. Fill in your identity wheel individually.
2. Reflect personally on the process.
3. Share your experience with your mentoring partner.

Tips:

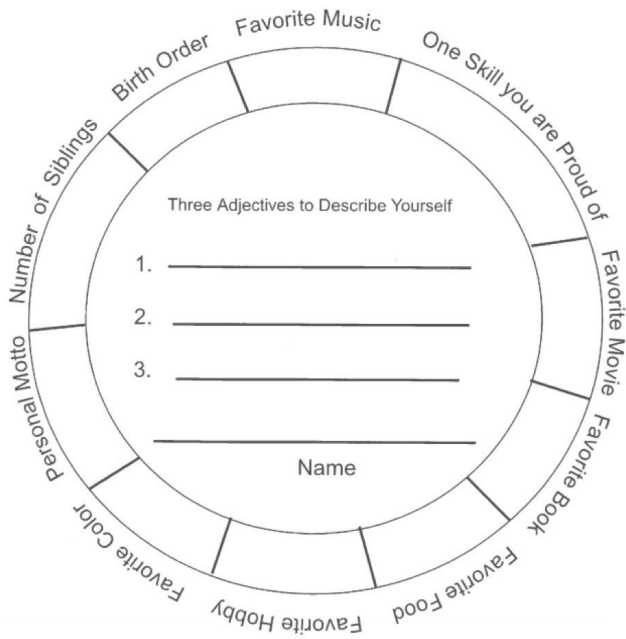
- Dedicate one of your early meetings to use this tool as a way to share your lived experience as a way to deepen the mentoring relationship.

Link(s) to Materials:

- [Personal Identity Wheel](https://tinyurl.com/PersonalIdentityWheel) (<https://tinyurl.com/PersonalIdentityWheel>) from the University of Michigan Literature, Science, and Arts.
- [Social Identity Wheels](https://tinyurl.com/SocialIdentityWheel) (<https://tinyurl.com/SocialIdentityWheel>) from the University of Michigan Literature, Science, and Arts.



Created by Pham Duy Phuong Hung
from Noun Project



Personal Identity Wheel

Social Identity Wheel

