

Ideas + Emotion = Energy*

Who is a Third Culture Kid?

“A Third Culture Kid (TCK) is a person who spent a significant amount of his or her developmental years outside the parent's culture. The TCK builds relationships to all of the cultures, while not having full ownership in any. Although elements of each culture are assimilated into the TCK's life experience, the sense of belonging is in relationship to others of similar background.” (Pollock and Van Reken

1999)

- Military
- Governmental Organizations
- International Corporations
- Humanitarian and Religious Organizations

*energy gives you access to tools inside you, which you didn't know existed.

Ideas + Emotion = Energy*

Identity Stages

Identity “represents the process by which a person seeks to integrate his/her various statuses and roles, as well as his/her diverse experiences, into a coherent self-image.” (Epstein, 1978, 2006)

- MY CULTURE, lack of awareness of anything other
 - OUTSIDE my culture, self-examination, shock
 - OVER IDENTIFYING with dominant culture
- PLANNED REBELION or innovation, group, assertive
 - Where am I, WHO AM I NOW? new identity
 - HOW DO I FUNCTION in the larger whole?

*energy gives you access to tools inside you, which you didn't know existed.

*Ideas + Emotion = Energy**

Culture

- *Time and Celebrating*
- *Location and history*
- *Music and language*
- *Food and traditions*
- *Religion and Politics*
- *The way you care for your body*
- *How you make friends and family*
 - *How you come and go*
- *How you see other people and how they see you*

**energy gives you access to tools inside you, which you didn't know existed.*

*Ideas + Emotion = Energy**

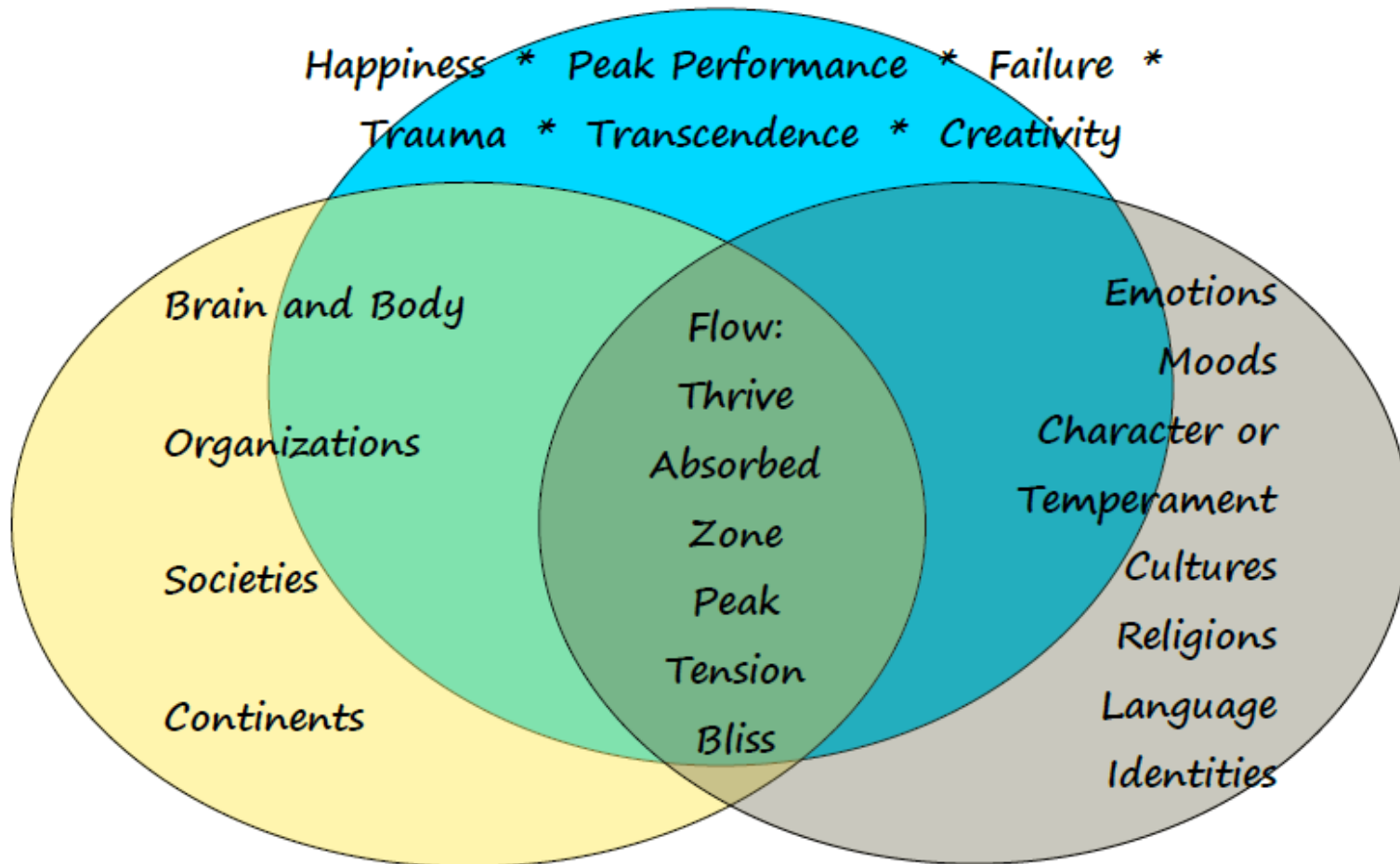
Trendy Worries about TCK Young Adults

- *Higher levels of depression*
- *Mature as kids and then adolescents for ever*
- *Expensive, multiple, University choices in all cultures of origin*
 - *Identity confusion*
 - *Angry at parents or guilt about cultural rebellion*
 - *Lack of home, permanent backpack or suitcase*
 - *Grief cycle as norm*
- *Separation Anxiety or difficulty making friends/commitments*
 - *Unidentified learning problems*
 - *Family disharmony*
- *Being seen as dishonest, disloyal, or politically confused*

**energy gives you access to tools inside you, which you didn't know existed.*

Ideas + Emotion = Energy*

Positive Psychology



*energy gives you access to tools inside you, which you didn't know existed.

*Ideas + Emotion = Energy**

Potential Benefits for TCK Young Adults, from a Positive Psychology
Perspective

- Abstract and critical thinking skills and practical skills needed for
“TRUE GRIT”
 - High Emotional IQ's
- Flexible and determined states of empathy, developed at an early age
 - Culture Shock Warriors and Cultural Adept
 - Depth of Autonomy and maturity
- First hand experience of cultures that are now rebounding from
previous generation of development, war, or social unrest
 - Absorption or focus in high tension or change
 - Social-political awareness and skill that has social capital

**energy gives you access to tools inside you, which you didn't know existed.*

Ideas + Emotion = Energy*

Belonging

Values

- Shared meaning in life
- Core focus of why we are committed
- Seeing “me” inside of “us” and next to “you”

Become involved in global activities

- art, sports, dance, writing
- politics, community organizing, humanitarian aide
- TCK groups, alumni groups, internships, international groups

Connection

- Skype, Facebook, Denizen Magazine, private online forums, Duo Duo
- Identifying other people with an integrated identity

**energy gives you access to tools inside you, which you didn't know existed.*

*Ideas + Emotion = Energy**

Home

TCK adults find themselves split. Some return to a “home” culture or identify one culture as home and they dig in. The other option is to remain in motion.

<i>Stay</i>	<i>Move</i>
<i>Illusion of one identity, soothing separation anxiety</i>	<i>Choice of identity, lack of accountability to confusion or identity testing</i>
<i>Reduce the amount of transition</i>	<i>Make transition the norm</i>
<i>Reduce grieving</i>	<i>Skip grieving</i>
<i>Have a real family</i>	<i>Visit other families or create the same kind of family I grew up in</i>

**energy gives you access to tools inside you, which you didn't know existed.*

*Ideas + Emotion = Energy**

What parents can do to make home:

- *Create rituals in the home lifestyle that are present in all environments.*
- *Talk about each move decision and listen to the anger and angst*
- *Don't identify home as a location, but your culture integration process*
 - *Make family time that represents all cultures and let kids lead*
- *Never stop talking about the cultural differences and teach grieving*

What young adults can do to make home:

- *Decide early about higher education locations*
- *Advocate for internships or gap years in other cultures*
- *You make trust in a different way, understand that early*

**energy gives you access to tools inside you, which you didn't know existed.*

Ideas + Emotion = Energy*

References

Denizen Magazine <http://www.denizenmag.com/>, membership based online community for TCK young adults and alumni of international schools around the globe.

Useem, Ruth H. "[Third Culture Kids: Focus of Major Study](#)". Article 1. TCKWorld.

Pollock, David C.; Van Reken, Ruth E. (1999, 2009). [Third culture kids: growing up among worlds, Rev. Ed.](#). London: Nicholas Brealey. p. 13. ISBN [978-1-85788-525-5](#).

Angela Lee Duckworth, [TED Talk](#) The Key to Success? Grit
Duckworth Lab, <https://sites.sas.upenn.edu/duckworth>

*energy gives you access to tools inside you, which you didn't know existed.