



Session 1 Handouts

- 1A Opening Poem: "Ego Tripping"
- 1B Personal Values Examples
- 1C Ranking My Personal Values
- 1D Take-Home Activity: Your Partner's Thoughts
- 1E Session 1 Evaluation
- 1F Closing Poem: "Phenomenal Woman"

EGO TRIPPING (there may be a reason why)

By Nikki Giovanni

I was born in the congo
 I walked to the fertile crescent and built the sphinx
 I designed a pyramid so tough that a star
 that only glows every one hundred
 years falls into the center giving divine
 perfect light
 I am bad

I sat on the throne
 drinking nectar with allah
 I got hot and sent an ice age to europe
 to cool my thirst
 My oldest daughter is nefertiti
 the tears from my birth pains
 created the Nile
 I am a beautiful woman

I gazed on the forest and burned
 out the sahara desert
 with a packet of goat's meat
 and a change of clothes
 I crossed it in two hours
 I am a gazelle so swift
 so swift you can't catch me

For a birthday present when he was
 three
 I gave my son hannibal an elephant
 He gave me rome for mother's day
 My strength flows ever on

My son noah built new/ark and
 I stood proudly at the helm
 as we sailed on a soft summer day
 I turned myself into myself and was
 jesus
 men intone my loving name
 All praises All praises
 I am the one who would save

I sowed diamonds in my back yard
 My bowels deliver uranium
 the filings from my fingernails are
 semi-precious jewels
 On a trip north
 I caught a cold and blew
 My nose giving oil to the arab world
 I am so hip even my errors are correct
 I sailed west to reach east and had to
 round off
 the earth as I went
 The hair from my head thinned and gold
 was laid
 across three continents

I am so perfect so divine so ethereal so
 surreal
 I cannot be comprehended except by my
 permission

I mean...I...can fly
 like a bird in the sky...

Source: Giovanni, N. (1993). Ego Tripping and Other Poems for Young People.
 New York: Lawrence Hill Books.

Handout 1B

Personal Values Examples

These are a few examples of personal values. However, your personal values may not be listed on the sheet.

Personal Values Examples	
<ul style="list-style-type: none">• Being healthy and physically active• Having fun• Having a lot of money• Being famous• Having a close friend• Practicing my religion• Helping my community• Doing well in school• Standing up for myself• Getting high using drugs• Being honest with myself	<ul style="list-style-type: none">• Having a job that I like• Being invited to parties• Caring and providing for my child• Being smart• Having a boyfriend• Being the best at what I do• Having a baby• Having my parents' approval• Being liked by my friends• Being responsible and honest• Being considered good looking

Values Defined:

Values are a principle, standard, or quality considered worthwhile or desirable. Values are also the beliefs of a person or social group in which there is an emotional investment (either for or against something). Values are regarded highly, and one's personal values are usually difficult to change.

Instructions:

List one of your personal values in each of the categories below:

Category 1—Most Important Value

Category 2—Very Important Value

Category 3—Somewhat Important Value

Category 4—Least Important Value



Your Partner's Thoughts

In Session 1, Ethnic and Gender Pride, we discussed what it means to be an African American woman. You had an opportunity to identify and discuss positive role models in your lives and the importance of having personal values, prioritizing them and how they affect your decision-making.

Instructions:

Your take-home activity for Session 1 is to share with your partner or significant other what you learned in class today. However, if you are not in a relationship, or don't have a supportive partner, you may discuss the take-home activity with a trusted friend or family member.

After the discussion, write your partner's or friend's reactions and responses below. Bring this sheet with you to Session 2. We will discuss the take-home activity during Session 2.

Evaluation for Session 1: Ethnic and Gender Pride

Please take a moment to rate how effective we were in presenting information to you today.

Below are a number of statements. Please rate each statement on a scale from 1-5, where “1” means we did a poor job and “5” means we did an excellent job.

Statements: Rating

1.	I feel more pride in myself as an African American woman.	
2.	I have a better understanding of the importance of personal values.	
3.	I feel I got a lot out of the in-class games/exercises we did today.	
4.	Any questions I had were clearly answered.	
5.	The handouts were helpful.	
6.	The group discussions were interesting and informative.	

7. Overall, how would you rate the performance of the group leaders? Please circle a number.

Poor		Okay						Excellent	
1	2	3	4	5	6	7	8	9	10

8. Overall, how would you rate today’s session? Please circle a number.

Poor		Okay						Excellent	
1	2	3	4	5	6	7	8	9	10

9. How could this session be improved?

10. Any other comments?

Thank You, my SISTA!

Phenomenal Woman

By Maya Angelou

Pretty women wonder where my secret
lies
I'm not cute or built to suit a model's
fashion size
But when I start to tell them
They think I'm telling lies.
I say
It's in the reach of my arms
The span of my hips
The stride of my steps
The curl of my lips.
I'm a woman
Phenomenally
Phenomenal woman
That's me.

I walk into a room
Just as cool as you please
And to a man
The fellows stand or
Fall down on their knees
Then they swarm around me
A hive of honey bees.
I say
It's the fire in my eyes
And the flash of my teeth
The swing of my waist
And the joy in my feet.
I'm a woman
Phenomenally
Phenomenal woman
That's me.

Men themselves have wondered
What they see in me
They try so much
But they can't touch
My inner mystery.
When I try to show them
They say they still can't see.
I say
It's in the arch of my back
The sun of my smile
The ride of my breasts
The grace of my style.
I'm a woman
Phenomenally
Phenomenal woman
That's me.

Now you understand
Just why my head's not bowed
I don't shout or jump about
Or have to talk real loud
When you see me passing
It ought to make you proud.
I say
It's in the click of my heels
The bend of my hair
The palm of my hand
The need for my care.
'Cause I'm a woman
Phenomenally
Phenomenal woman
That's me

Source: Angelou, M. (1978). And Still I Rise. New York: Random House.