THE LATINO EXPERIENCE

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The Latino Experience

My name is Christopher Vazquez, and I am of Latino descent. From the little knowledge I have, I know my ancestors immigrated from Spain to Puerto Rico and from there to the Continental United States. I chose to do my immersion project on this culture because I have no real experience in this culture. I know very little about my Latino heritage and I want to know more. I am taking this opportunity to learn more about my ancestors and a culture different than the one I was raised in. I hope to learn more about Latino's attitudes, beliefs, and values regarding religion, music, food, and the performing arts.

Key Things Learned

My research into the Latino culture has been eye-opening. The first key thing that I learned is that the United States holds over twenty Latino nationality groups. They include different regions, denominations, and religious traditions. I never know that there were so many different people groups who would be categorized under the title of "Latino". I also was unaware of the religious persecution in many of these countries. In a book titled *Latino Religions and Civic Activism in the United States,* the authors Gaston Espinosa, Virgilio Elizondo, and Jesse Miranda talk about how those of Latino descent have had many religious struggles since immigrating to the United States. They started a non-profit religious organization called *Hispanic Churches in American Public Life (*HCAPL). Their goal is to reach out to multiple Hispanic groups seeking religious freedoms. This includes those who are from Mexico and Puerto Rico. The organization took three years of collecting data to help the Latino communities. In that time, they interviewed over three thousand Latinos in the United States and throughout Puerto Rico. While the HCAPL was working its way through those interviews, they were given a grant by an organization called *The Pew Charitable Trusts.* The grant was to the tune one point

three million dollars. The money was used by the HCAPL to help fund their interviews and provide help to those in need. The authors make a point about how there are many differences with the Latino communities concerning religion. The second key thing that I learned is that depending on which nationality group you come from, (Mexico, Cuba, Puerto, the Dominican Republic, etc.) will play a key factor in your cultural-religious heritage. In the book, they talk about how within the Latino religious groups, you will find Roman Catholics, Evangelicals, Pentecostals, Protestants, Mormons, and Jehovah's Witnesses. Although there are so many religious groups, the research suggests that the majority of Latinos claim to be Roman Catholics (Espinosa et al 2005). Another great thing the Latino culture has to offer is its music. I learned that there is a great deal of difference in their music from other cultures. In a journal article titled *An Ethnography of Emerging Latino Music Scenes,* the author's Joseph Kotarba, Jennifer Fackler, and Kathryn Nowotny talk about these experiences. They did a study that broke the music down into two parts: the scene and the place. The scene is analogous to the related arts. It describes all the little details that go into music performance, not just the music itself. It includes the audiences, vendors, recording studios, and even the rehearsals. The place can be described as an area where other Latinos come to make music together. They consider the place as part of their identity as a people. They have a musical uniqueness that separates them from other cultures. They create music, not for money or fame or any kind of gain. They do it to remind themselves of their heritage and to unite each other for a better society (Kotarba et al., 2009). One final thing I learned is that the Latino population has very interesting agriculture. In the journal article *Ranchitos: Immigrant Integration Via Latino Sustainable Agriculture,* the authors talk about how Latinos (specifically Mexicans) have a lot to offer by their ways of farming. They often raise animals for meats and beef, such as cows, pigs, and chickens. They sell the local

plants as well. Many immigrants cannot get an official US farmers license, so they start by selling their products to family and friends. The USDA (United States Department of Agriculture) has been working with local Mexican immigrants to help them regulate their farms and preserve a great aspect of their culture (Sandoval & Rodine, 2020).

Attitudes, Beliefs, and Values

Latinos have very strong emotions when it comes to attitudes, beliefs, and values. They have a strong attitude of a hard work ethic. Many Latino countries do not have any form of social security. Their government does not give them money for any kind of emergencies, so if you are not working you will die. They have many beliefs that help them through their hard times, the biggest being family. Family always comes first no matter what. This is why many Hispanic family members live together. They do not believe in putting their elderly in group homes, instead, they take care of them in their own homes with family and friends to support them.

Group Self-perceptions and Issues Related to Stereotyping

Latinos suffer from low self-esteem due to the color of their skin. Speaking from personal experience, I find this to be true. When I was growing up in school almost all of my friends were white. I had much darker skin than them and it made me feel different. In *Skin Color and Self-Perceptions of Immigrant and U.S.-Born Latinas: The Moderating Role of Racial Socialization and Ethnic Identity,* the author gives examples of people who feel the same way (Telzer & Vazquez Garcia, 2009). People often see me and think I am Mexican. This is another stereotype that many Latinos have to deal with.

Customs, Practices, Behaviors

One big custom that Latino people have is celebrating birthdays with a Pinata. The pinata originated from the thirteenth century. I was designed to ward off the seven deadliest sins: envy,

wrath, lust, gluttony, laziness, greed, and pride. The breaking of the pinata is the releasing of the seven sins (Famous Hispanic Traditions You Should Celebrate 2015).

Spirituality/Religion

I have already discussed much of the spirituality and religions of Latinos. They have a deep and rich religious heritage that they are proud of.

Societal Perceptions, Opportunities, and Barriers in the U.S. and Internationally

The Spanish language can provide either a great barrier or a great opportunity for its people. Older generations of immigrants come into the US not being able to speak English. This struggle can be turned into a great new opportunity for their younger generations. Young immigrants come to the US and learn English as a second language. This provides them with higher-paying jobs such as translators. They can use their language skills to provide for themselves and also their relatives.

Key Historical Events and Figures Impacting the Culture

Two major events happened between the years 1917 and 1918. In 1917 the United States extended its citizenship to all the people of Puerto Rico. In 1918 Octaviano Larrazolo was the first Latino ever to be elected to the US senate. These great days impacted Latinos for decades to come (Planas, 2020)!

Key Things Learned Through Internet/Media

I have learned so much through this Media and internet study. I have learned that the Latino culture has so much to offer the rest of the world. They have both similarities and differences to that of America. Two of those similarities are religious struggles and the love of

food. Many people leaving their culture to come to America do so in search of religious freedoms. Our American forefathers did the same thing when they declared their independence from Britain. Another similarity is food. Americans are proud of the food they produce and want to share it with other people. Americans show how much they love food by hosting cooking competitions. Latinos do the same. They love to share food with all different kinds of people. A difference I learned is that Latinos value family more than we do in the United States. Many Latino cultures do not have a place or organization for their elderly. They believe that you must take care of your own family and that no one else should be responsible to do so. In America, we build facilities and group homes to leave our elderly when we no longer want to take care of them. I believe Americans can learn a lot about how to treat the elderly by observing the Latino culture.

Surprises

I came across many surprises as started this study. I was surprised at how much the Latino culture has struggled to get where they are today. I did not realize there was so much religious persecution that surrounding those of Latino descent. I was also surprised to learn that there are twenty-two people groups that are categorized under the title of Latino. Up until this point, I thought there were only about five or six. Another surprise to me was how many different religious organizations there are. Once again, I believed that there was a limited number. I used to believe that most Latinos were catholic in religion, I have now come to learn that this is not accurate. While it is true that many are catholic not all of them are. A good percent claim to be of other religious beliefs.

Impact on Expectations

My search through the literature and the internet and the media has impacted my expectations for my immersion activities. Before I started this study, I was intrigued. I wanted to know more about my extended family culture. Now that I have received a glimpse into my cultural past, I am ecstatic! I want to dive in deep and learn more about the Latino culture. I want to know more about the religious persecutions they suffered. I hope that if I learn more about where my people came from then I will be better equipped to help them. I believe that if I have more knowledge about the past, I will be able present and teach it to the new generations that fallow after me. I also hope to gain more insight so that way I may share it with my future family. My parents did not teach me about my past and I never asked but I want to be different. I want to give the gift of cultural diversity to my future children.

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BENCHMARK CULTURAL IMMERSION PROJECT: THE HISPANIC CULTURE REVEALED

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The Hispanic Culture Revealed

The Hispanic and Latino population has always been one of a mystery to me. People of Hispanic heritage come from both the north and south hemispheres. They come from many different countries, parts of the Caribbean, and even from the country of Spain. I chose this people group for my immersion project because of my heritage. I am of Hispanic descent, yet I know very little about that part of my family. I wanted to learn more about where I came from, and the greatness of this diverse people group. This project has shown me that my original views of the Hispanic population were completely wrong. My objective is to reveal the many different aspects of the Hispanic culture by describing personal events that I have attended.

Events Attended

For my two multicultural immersion events, I attend two church services. The name of the church is Grace Church En Espanol. The church is unique in that it shares a property line with a local Muslim Mosque. Pastor Robby Richard and the church people wanted to show the Muslim community and those around them that they care and respect other religions even if they are not the same as their own. The first time I went I was a bit nervous. I didn't know what to expect and was afraid of the language barrier, but it all worked out for the best. As I approached the church I was met at the door by a welcoming committee. They were very friendly and seem genuinely happy that I was attending their service. It was a little awkward for me since I do not speak Spanish, but they soon realized that and changed to talk to me in English. I made my way into the auditorium where I sat towards the back. The service began with a call to worship. There was a band on stage that began to play. Music soon began to fill the air. The songs were presented in a call and response fashion. The musicians would play a part of a song and then wait for the audience to reply with either singing or speaking. This gave the feeling of a deep spiritual

connection with those around me and to God, whom they were worshiping. As the time for singing came to an end, pastor Richard got up to preach. He started by greeting everyone and welcoming them to the service. After a word of prayer, he started his sermon. I know the church was ending a book study on Nehemiah but that was as far as I understood, seeing as I do not speak Spanish. After his preaching was done the musicians came back on stage for another round of singing and worship. At the end of the singing pastor, Richard gave a greeting of farewell and dismissed the congregation. The second service was very similar to that of the first one yet different in that the church had started a new study of the book of Romans.

Comparison with Expectations

In a paper I wrote entitled *The Latino Experience,* I learned many new aspects of the Hispanic population. One of the things I talked about was the Hispanic culture's view of music. In a journal article titled *An Ethnography of Emerging Latino Music Scene,* the authors break down the art and the science of Hispanic music. They talk about how the music reminds the people of who they are and where they are going as a culture group (Kotarba et al., 2009). I found this to be true during my time visiting Grace Church En Espanol. As the people sang and worshiped, they did so with a happy and uplifting spirit. They expressed themselves in such a way that it showed me and the people around them how they loved God and each other. In addition to music, I also researched Hispanic family heritage. Through my studying, I found that Hispanic families have multiple generations living under one roof. Marcus Britton (2013) talks about how multicultural families, including Asian and Hispanic families, have adult children living in the home of their parents (Marcus Britton 2013). I got to experience this first-hand. As got to meet new people while attending the church services, I noticed many large families with

young children to older adults. It turned out to be that they all lived in the same house, and they chose to worship at this church together. Of the many things I have studied and learned from this project, these are just a few that I was blessed to see play out in real life.

Emotional Impact

This project has moved me in many different ways. I have grown spiritually and even emotionally through my time spent working on this project and learning more about Hispanic culture. During the time spent at Grace Church En Espanol, I got to experience a very strange yet exciting phenomenon. While sitting in the church congregation I was both the minority and the majority at the same time. This rareness is due to my physical appearance. I was in the majority in that I looked just like the people around me. I have hairy arms, a dark olive skin tone, black hair, and dark facial hair, which is very common for people of Hispanic descent. I was in the minority because of my upbring and mindset. I was never taught much about my Hispanic heritage so even though I blended in with the crowd around me I still felt different. I learned that I had a lot of mixed feelings during this time. I got a lot of confused looks and comments made towards me while at church. Since I looked just like everyone else the people assumed that I was one of them in that I had all the same experiences they had. This got awkward for me in the form of conversations. As I mentioned earlier the people who greeted me at the front of the church assumed that I spoke Spanish. The same was true with the people inside the congregation. During both of the services, there was a time that many would call a “meet and greet”. The musicians would play a soft melody and the whole congregation would get up and move around and talk with one another. It was during this time that many people would come up to me and greet me in Spanish. I would smile at them and tell them that I did not speak their language. This made me feel awkward and out of place. I felt like I didn’t belong in that setting, not because of

the people but because of my upbringing. I was a very high-strung child. I was also very strong-willed and stubborn. When I had an idea stuck in my head it was very hard to get me to change my mind. I struggled a lot in school particularly in math and English and foreign language class (usually Spanish). Even to this day, I can still be stubborn at times. Because I was so strong-willed my parents thought it best that I would learn only English. They both are fluent in Spanish as well as English. They knew that they would not be able to teach me Spanish and that I would fight against them anyway, so the decision was made not to put more pressure on me by teaching me Spanish. The discission made by my parents would lead to many uncomfortable conversations in my future. I remember being in the sixth grade and I got in trouble with the Spanish teacher. She saw that my name is Vazquez and assumed (like most people do) that I spoke Spanish. I got upset at her for that and was rude to her. This got me a note sent home to my parents. To this day I still wish that my parents would have made me learn Spanish even if I didn't want to at the time. All of these thoughts and memories come flooding back to me as I sat in the church service. I felt awkward and out of place because I never learned to speak the language of my ancestors.

Key Things Learned

This project has taught me so much more about the Hispanic culture than I could have ever imagined. I learned that Hispanic culture is one of love. This is represented by how they care for one another. This includes family. Family values are very high, even more so than that of the United States. They do not believe in group homes because they have such high respect for the elderly. Families work hard and are willing to sacrifice things personal things to better the family as a whole. A second thing that I learned is that Hispanics are a people group of survivors. Like many other foreign groups, they have overcome diversity and violence. Dr. Amanda Stylianou

(2018) interviewed a Hispanic woman who had survived violent crimes. She went on to talk about the difficulties that both Hispanic men and women face and how they overcome them (Amanda Stylianou 2018). Not only have I studied this, but I have also seen this in real life. I recently had my kitchen redone and contractors were a family from Mexico. One of them stopped to talk with me and told me her life story of how she came to America. She had to leave her husband and young son behind so she could send them money back home. She told me how she worked to overcome her great struggles to be in this country. One final thing that I walked away with from this project is that Hispanics love to celebrate life. One way that they do this is by holding big celebrations for people's birthdays! Hispanics invented the Pinata. It is used today to have fun and celebrate people's birthdays, but it was originally created for religious purposes. The Roman Catholics would use it to break the curses of the seven deadliest sins. The sins were envy, lust, greed, laziness, gluttony, and pride. The person who broke the pinata was freed from all of these sins (Famous Hispanic traditions you should Celebrate 2015). These are just a few of the key things I learned from this project.

Counseling Theories Validated for Hispanics

As I have worked through this project, I have found a few counseling theories and techniques that have been empirically validated for the Hispanic population. Of the many theoretical approaches out there, I found three that I enjoy the most. They are cognitive behavioral therapy, reality therapy, and person-centered therapy. Cognitive-behavioral therapy can be described as the way one thinks and behaves. The idea behind this kind of counseling is that if a person can change their way of thinking it will change the way they behave in life. Collado and Calderon (2016) studied young Latino boys who were depressed. They worked with the boys to help them overcome their depression through positive thinking. The study showed that in many cases

cognitive therapy can help to improve one's mental health (Collado and Calderon, 2016). Reality therapy focuses on helping others improve their lives. One way this is done is by helping to fix relationships or current circumstances in a person's life. Haskins and Appling (2017) did just that. They took on many multicultural groups (including Hispanics) and worked with men women and children. They went to the people's communities and help them solve their problems together. Haskins and Appling had great results. They put their findings online for others to use and grow from (Haskins and Appling, 2017). The final approach, person-centered therapy, is the idea that a counselor will let his or her client talk out all their problems. The counselor will listen silently until the client is done talking. This technique allows for the client to express his or her feelings in a non-judgmental safe place. Christine Dehlendorf and Edith Fox (2020) explored this concept and applied it to family counseling. They, along with a team of writers, worked with Hispanic families who were in need. They let the families talk out their problems with one another. This leads to open communication and healing among the family members (Dehlendorf et al., 2020).

Along with the theoretical approaches, I found three counseling techniques that I believe to be of great help to the Hispanic community. They are Mindfulness, reflective listening, and thought stopping. Mindfulness can be described as bringing inner peace to oneself. Ivers and Johnson (2016) help to prove this. They, along with many other authors, created a study that focused mindfulness on groups of culturally diverse people. They found that the more one is aware of his or her culture, the more mindfulness they will receive (Ivers et al., 2016). The second approach, reflective listening, is brought about by a counselor listening to his client speak and then telling the client his problems by using the same words the client said. Stinchfield and Hill (2019) explored this idea by working with students during their school practicums. They found that

reflective listening gave the students problem-solving skills (Stinchfield et al., 2019). The final approach is thought-stopping. Thought stopping is the process of blocking out unwanted negative thoughts or emotions. Nishimura and Kiyonaka (2016) and a group of scientists studied the minds of multiple people groups. They found that a person can change his or her behavior by blocking out negativity and embracing positivity. This line of thinking can work for all people groups (Nishimura et al., 2016).

As I conclude my project, I found that these counseling practices help people of Hispanic descent. The cognitive, reality and person-centered therapy help Hispanics overcome their cultural norms of not going to counseling. By using these techniques counselors can help Hispanics build self-confidence and positivity so that they will have a more joyful life.

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BENCHMARK CULTURAL IMMERSION PROJECT: MY TIME WITH ERNESTO BURGOS

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My Time With Ernesto Burgos

For my final immersion project, I have been studying the Hispanic and Latino culture. I have learned new and amazing things about this people group, and I wish to share my knowledge with many people. I will do so by describing my learned experiences, studies, and interview with Hispanic and Latino people. For this project, I interviewed a man named Ernesto Burgos.

Interviewee Background and Personal Story

I met Mr. Burgos through a personal connection, and he was willing to sit down and talk with me about this project. Ernesto, Ernie to his friends, invited me to come to his house for the interview. He lives in a nice three-bedroom two-bath ranch-style house. He lives alone with his pet dog named Eddie. We sat in his living room to talk. He was very calm and relaxed; however, Eddie was not. Eddie kept running around and jumping up on my lap during the interview. Ernie would keep apologizing for Eddie's behavior, but it did not bother me it made for a fun and enjoyable time. I was a little nervous to do this interview, but his house was a very clean and relaxing atmosphere that put me at ease. We sat comfortably just talking together before jumping into the interview. This also helped to ease some of the tension and fears I was feeling. Ernie was very kind and patient with me as I began to ask him questions. I had some notes with me, but my nervousness would occasionally get the better of me. I would cause myself to stutter, drop my notes or even lose my train of thought. Ernie would just calmly smile and wait for me to calm myself down. Once I got all of the jitters out of my system and could think more clearly, we began to dive in deep into the interview. Ernie started by giving a brief background of his life. His story is one of hard trials and triumphs. Ernie is eighty-three years old and has spent the majority of his life in the United States. He was born on the islands of Puerto Rico. His family immigrated to the continental United States when he was in his early adolescent years, and he

has been here ever since. His parents chose to bring him and his sisters into the US so that they may have a better life. Ernie's father and mother had very little education and this caused much stress on the family financially. Due to the lack of formal education, Ernie's father worked odd jobs as a handyman, or as Ernie described him, a carpenter. His father would move the family every time he found a new job. This led to an unstable upbring for Ernie and his siblings. Once they decided to settle in the continental United States, the Burgos's family life journey began. Ernie expressed to me the difficulties of coming to a new place to start a whole new life. Since he was still very young once he moved here, his parents had to enroll him in school. They chose to put him in a private Catholic school. This caused him many struggles. Ernie grew up only speaking Spanish, so he did not understand English and there was no one to help him transition into an English school system. In those days they did not have any translators or even school tutors as they do today. He expressed to me how this was one of his hardest struggles. He told me he once got in trouble in class and was told he had to stay after school ended. The teachers found another student who knew both English and Spanish and could translate for him. He said he was so scared because he was supposed to take his sister home, but he could not express that to her teachers. In addition to this, Ernie also struggled with writing and grammar, and spelling in school. He was very gifted in memorizing patterns and used this to pass his spelling tests. He would memorize the shape and order of a word and write it from memory. This allowed for him to pass the tests, but he did not comprehend what it was he was writing. His teachers would be frustrated with his grades because he would pass spelling but would fail the grammar part of the class. These frustrations led to behavior problems.

I am very thankful that Ernie was willing to be open and honest with me. He was willing to share and be vulnerable to another person. I know not too many people are willing to do that,

especially those who come from a Hispanic background. This is because Spanish culture puts a high value on privacy. They believe that a person should not share his or her struggles with others unless they are your family members and even then, it is not done that often. Ernie was defying his cultural norms by sharing his life with me.

Two key cultural events that Ernie shared with me were the times he experienced subtle racism and how he dealt with the majority culture. His answers were a real surprise to me. He told me that only experienced mild racism during his life. This was brought about by his speaking in Spanish while out in public. When he would talk in Spanish in public, non-Spanish-speaking people would ask him to stop because they thought he was talking bad about them in his language. Ernie told me that he thought this odd, but it did not bother him much. He did tell me that he would see overt racism toward people of African descent. That was a much bigger problem back in the nineteen-sixties. A second cultural event he shared with me was how he dealt with the majority population. Ernie expressed to me that he never had a bad experience being in the minority. He said that he and his family always felt welcomed and loved, whether it was his church, school, or neighborhood. He said he got he and his family got along well with almost all the white and non-Spanish speaking people they met. The community he grew up in was very kind to Hispanics. Overall, he had a very positive experience with the majority culture. I got to share with Ernie that he was blessed in this area of his life. Many Hispanic people struggle with being the minority and often experience overt racism directed towards them.

I truly believe that Ernie is very well adjusted to the ways of the continental United States. He has live heard for the majority of his life. His acculturation level and cultural identity are greatly defined. Ernie knows that he came from the islands of Puerto Rico, but he would identify himself more as a citizen of the United States than that as an islander from Puerto Rico.

When talking about his past Ernie made a joke about his birth status. He said he was born on the plane ride to the United States and because of that he was a natural-born U.S. citizen. He does not deny his birth heritage, but he prefers to define himself by his life experiences inside the continental U.S. When asked about his culture he will claim that of Hispanic, but will quickly say that he is a northerner. He did live the majority of his adult life up in Philadelphia Pennsylvania. I believe he identifies himself this way because of his hard past. His family had hard struggles in Puerto Rico, so when he moved, he decided to put that part of him in his past and embraced the new one he has made for himself.

Emotional Response and New Learning

During this interview, I became very emotional. I found myself being quieter than usual and I had to fight back some tears. I am not one to get too emotional when I am in front of other people. I was very surprised by my own emotions. I believe the feeling of tears was brought about by my own childhood experiences. When Ernie was talking about how he struggled in school, particularly with grammar, I had a mental flashback to when I was a child struggling in school. I too had a massive struggle when it came to the concepts of grammar. I also found myself being shocked about Ernie's religious background. He shared with me that he was forced to go to Catholic School and how the nuns would pressure him and his family to go to Mass. The religious struggle was very real for Ernie. He did not believe in the Catholic Church, so it was very difficult for him to go to Mass as a child. As he reached adulthood, he decided to seek out a different religion, Christianity. I was intrigued by this part of his story. I have read that Hispanics have a religious history based on Roman Catholicism, but up until this point in my life, I had never met someone who has gone through that experience. I was amazed to see how Ernie took

control of his life by making life discissions that were different from that of his family. Many Hispanics do not break the cycle of family traditions. I felt very proud to see someone overcome such great life struggles.

While talking with Ernie I realized that reading about Hispanics and Latinos is completely different than talking with them in person. As I spent time with him, I began to understand just how kind and loving Hispanic people truly are. This is something I did not find in the literature that I studied. All of it talked about the Hispanic and Latino culture regarding music, food, dance, and even religion. I saw nothing that represented the love and kinds of this people group. This came as a surprise to me because they are a people group who suffer from oppression and even racism. The fact that they can still show love for their fellow man was a great lesson for me to learn. I wish that all people could have experienced the kindness that I received during my time spent with Ernie.

Ethical and Legal Aspects to Consider

In a paper, I wrote previously (*Hispanic Culture Revealed)* I talked about three techniques used to help counsel Hispanic and Latino people. They are Mindfulness, reflective listening, and thought stopping. In addition, these counselors should be aware of ethical and legal matters when counseling a Hispanic client. The ACA ethical codes state that counselors must stay up to date on the most current laws. Kaplan (2017) stated that counselors should keep up with modern forms of counseling including new forms of online sessions (Kaplan et al.,2017). Another area counselors need to be aware of is the state's legal standings. Bergman (2013) says that counselors go through a lot of training to be able to help people. The state laws are made to help counselors better help other people (Bergman et al.,2013). The final two things counselors should be aware of when counseling Hispanics are issues of conflict and discrimination.

Gonzalez (2013) says that counselors need to be very open about confidentiality when working with Hispanic children. They have very strong family ties that may interfere with a parent during counseling. The counselor must make sure that both the parent and child know the boundaries between each other and the counselor during counseling sessions (Gonzalez et al.,2013). Dr. Fortuna (2021) says that Latino and Hispanic people groups have suffered great discrimination. Counselors need to be cautious not to unintentionally make them feel more discriminated against (Fortuna,2021).

Multicultural Sensitivity and Biblical Worldview Reflection

My research into the Hispanic and Latino population has taught me a great deal about this people group. One thing I came across during my research is that Hispanics and Latinos need a lot of help in the area of school counseling. Due to their history of family connections and pride, it is very hard, particularly for children, to ask someone for help. They prefer to handle their problems within the family only. This may cause conflict in a child who is experiencing conflicts at home and school. My goal is to become a school counselor so that I may be able to help reach those students in need.

I am reminded of the biblical world perspective that I learned about while researching this project. Dr. Fernand Garzon (2010) gave a short video presentation on world views from the perspective of a Christian counselor. He talked about the term “etic” meaning outsiders looking in. (Garzon,2010). This is how I have seen myself during this project, as an outsider looking in. looking into the world of this amazing culture, I have learned so many things that I hope to apply to my own life. Two of those things are resilience and love for others. The Hispanic population is very resilient. They have gone through so many trials as a people and yet they still survive and thrive. In addition to this thriving, they still have love people. They love others as they treat

others with love and respect. This is one way individuals and counselors can pray for Hispanic people. As a Christian I see an attribute of God, loving your neighbor as yourself. Hispanic people have this attribute of God, but it is my prayer that they would add Him to their lives so that they may continue to be a great blessing to the world for God's glory.

Conclusion

This whole project has been an amazing experience for me. The most helpful part in learning about the Hispanic and Latino population was doing this interview with Ernie Burgos. Doing research and even observing Church services only got me so far. It wasn't until I had to sit down and talk with Ernie that this project hit home for me. Having to look him in the eye caused me to see so much more than just a person. I saw life through the eyes of someone much different than me. This in turn opened my eyes to the much bigger world around me.

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