Cultural Competence Self-assessment Awareness Checklist

This self-assessment tool is designed to explore individual cultural competence. Its purpose is to help you to consider your awareness in your interactions with others. Its goal is to assist you to recognize what you can do to become more effective in working and living in a diverse environment.

Read each entry in the section below and place a check mark in the appropriate column.

This is simply a tool and not a test. Remember that cultural competence is a process, and that learning occurs on a continuum and over a life time. You will not be asked to show anyone your answers unless you choose to do so. While you complete this assessment, stay in touch with your emotions and remind yourself that learning is a journey.

Awareness		Never	Sometimes/ Occasionally	Fairly Often/ Pretty Well	Always/ Very Well
Value Diversity	I view human difference as positive and a cause for celebration.				
		_			_
Know myself	I have a clear sense of my own ethnic, cultural, and racial identity.				
		1	_	_	
	I am aware that in order to learn more about others I need to				
Share my culture	understand and be prepared to share my own culture.				
	I am aware of my discomfort when I encounter differences in race,				
Be aware of areas of discomfort	color, religion, sexual orientation, language, and ethnicity.				
	I am aware of the assumptions that I hold about people of cultures				
Check my assumptions	different from my own.				
	I am aware of my stereotypes as they arise and have developed				
Challenge my stereotypes	personal strategies for reducing the harm they cause.				

			Sometimes/	Fairly Often/	Always/
		Never	Occasionally	Pretty Well	Very Well
	I am aware of how my cultural perspective influences my judgment				
Reflect on how my culture informs	about what are "appropriate," "normal," or "superior" behaviors,				
my judgment	values, and communication styles.				
	I accept that in cross-cultural situations there can be uncertainty	1			
	and that uncertainty can make me anxious. It can also mean that I				
	do not respond quickly and take the time needed to get more				
Accept ambiguity	information.				
	I take any opportunity to put myself I place where I can learn about				
Be curious	differences and create relationships.				
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	If I are a Military agreement and the control of a control of the				
	If I am a White person working with a person of color, I understand				
	that I will likely be perceived as a person with power and racial				
Aware of my privilege if I am White	privilege, and that I any not be seen as "unbiased" or as an ally.				

Reflection

At the end of each section add up the number of times you have checked that column Multiple the number of times you have checked the columns by:

Never - 1 Sometimes/Occasionally - 2 Fairly Often/Pretty Well - 3 Always/Very Well - 4

The more points you have, the more culturally competent you are becoming.