

### 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 differences as positive and a cause for celebration.				
Know myself	I have a clear sense of my own ethnic, cultural, and racial identity.				
Share my culture	I am aware that in order to learn more about others, I need to understand and be prepared to share my own culture.				
Be aware of areas of discomfort	I am aware of my discomfort when I encounter differences in race, color, religion, sexual orientation, language, ethnicity, etc.				
Check my assumptions	I am aware of the assumptions that I hold about people of cultures different from my own.				
Challenge my stereotypes	I am aware of my stereotypes as they arise and have developed personal strategies for reducing the harm they may cause.				

		Never	Sometimes/ Occasionally	Fairly Often/ Pretty Well	Always/ Very Well
Reflect on how my culture informs my judgment	I am aware of how my cultural perspectives influences my judgment about what are "appropriate," "normal," or "superior" behaviors, values, and communication styles.				
Accept ambiguity	I accept that in cross-cultural situations there can be uncertainty, and that uncertainty may cause ambiguity.				
Be curious	I take opportunities to learn about diverse cultures and create diverse relationships.				
Aware of my privilege if I am White	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 privilege, and that I may 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.