

Cultural Competence Self-Assessment Test

(DO NOT TURN PAGE UNTIL INSTRUCTED)

		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.				
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 cause.				
Reflect on my culture	I am aware of how my cultural perspective influences my judgement about what are 'appropriate', 'normal', or 'superior' behaviors, values, and communication styles.				
Assess limits of my knowledge	I will recognize that my knowledge of certain cultural groups is limited and commit to creating opportunities to learn more.				
Acknowledge importance of difference	I know that differences in color, culture, ethnicity etc. are important parts of an individual's identity which they value and so do I. I will not hide behind the claim of "color blindness."				
Understand influence culture has	I recognize that cultures change over time and can vary from person to person, as does attachment to culture.				
Point of reference to assess appropriate behavior	I'm aware that everyone has a "culture" and my own "culture" should not be regarded as a point of reference to assess which behavior is appropriate or inappropriate.				
Be adaptive	I know and use a variety of relationship building skills to create connections with people who are different from me.				
Recognize my own cultural biases	I can recognize my own cultural biases in a given situation and I'm aware not to act out based on my biases.				

(Adapted from the Greater Vancouver Island Multicultural Society)

Cultural Competence Self-Assessment Test

		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.				
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 cause.				
Reflect on my culture	I am aware of how my cultural perspective influences my judgement about what are 'appropriate', 'normal', or 'superior' behaviors, values, and communication styles.				
Assess limits of my knowledge	I will recognize that my knowledge of certain cultural groups is limited and commit to creating opportunities to learn more.				
Acknowledge importance of difference	I know that differences in color, culture, ethnicity etc. are important parts of an individual's identity which they value and so do I. I will not hide behind the claim of "color blindness."				
Understand influence culture has	I recognize that cultures change over time and can vary from person to person, as does attachment to culture.				
Point of reference to assess appropriate behavior	I'm aware that everyone has a "culture" and my own "culture" should not be regarded as a point of reference to assess which behavior is appropriate or inappropriate.				
Be adaptive	I know and use a variety of relationship building skills to create connections with people who are different from me.				
Recognize my own cultural biases	I can recognize my own cultural biases in a given situation and I'm aware not to act out based on my biases.				

(Adapted from the Greater Vancouver Island Multicultural Society)