

Cultural Competence Self-assessment Knowledge Checklist

This self-assessment tool is designed to explore individual cultural competence. Its purpose is to help you to consider your knowledge 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.

Knowledge		Never	Sometimes/ Occasionally	Fairly Often/ Pretty Well	Always/ Very Well
Gain from my mistakes	I will make mistakes and will learn from them.				
Assess the limits of my knowledge	I will recognize that my knowledge of certain cultural groups is limited and commit to creating opportunities to learn more.				
Ask questions	I will really listen to the answers before asking another questions.				
Acknowledge the importance of difference	I know the 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 the influence culture can have	I recognize that cultures change over time and can vary from person to person, as does attachment to culture.				

		Never	Sometimes/ Occasionally	Fairly Often/ Pretty Well	Always/ Very Well
Commit to life-long learning	I recognize that achieving cultural competence involves a commitment to learning over a life-time.				
Understand the impact of racism, sexism, homophobia...	I recognize that stereotypical attitudes and discriminatory actions can dehumanize, even encourage violence against individuals because of their membership in groups which are different from myself.				
Know my own family history	I know my family's story of immigration and assimilation to my country.				
Know my limitations	I continue to develop my capacity of reassessing areas where there are gaps in my knowledge.				

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.