

Personal Reflection

Cultural competence is a process which begins with a thorough examination of our inner beliefs, values, biases, and preferences. These are all embedded in our culture and whether we are aware of them or not they are part of who we are. Recognizing our biases allows us to reflect and, hopefully, undertake the process of awareness and understanding of differences. To understand, in this context, is to recognize that there are other values and beliefs different than ours which we should examine making a conscientious effort to hold judgment.

This checklist is intended to be a reflection tool. Each item should be examined, the feeling/s that it evokes on us should be analyzed, and the final rating we give to each item should be genuine. The results are yours to keep and to reflect on any uncomfortable feelings, think about why you feel that way (cultural and religious values, upbringing, role models...) and what you can do to know more in order to understand yourself and others.

Mark one of the following for statements 1-16

A (Agree) N (Neutral) D (Disagree)

About Yourself

1. ___ I am aware of stereotypes and assumptions regarding different cultures and peoples.
2. ___ I am aware of societal biases towards certain groups of peoples.
3. ___ I am aware that throughout history some groups have been favored while others have been discriminated against.
4. ___ I recognize family members and others have had a role in the way I perceive others.
5. ___ I have examined my biases and worked to eliminate them.
6. ___ I respect non-traditional family structures (e.g. divorced parents, same gender parents, grandparents as caretakers, etc).
7. ___ I do not impose my beliefs and value systems onto others.
8. ___ I believe that it is acceptable to speak a language other than English.
9. ___ I have no problems accepting and sharing ideas with people who are GBLT (Gay, Lesbian, Bisexual, or Transgendered).
10. ___ I do not participate in insensitive comments or behaviors.
11. ___ I am driven to respond to others' insensitive comments or behaviors.
12. ___ I suspend judgment when others don't behave in a manner that I am use to.
13. ___ I have no problems accepting and sharing ideas with people with disabilities.
14. ___ I treat all people with respect for their culture, even though it may be different from my own.

I know that most people who have limited English skills and/or accents:

15. ___ Have the same intellectual capacity as anyone else
16. ___ May be very capable of communicating clearly and effectively in their native language