

Intercultural Sensitivity – Skilled Level

Assessment 2

This self-assessment tool was crafted to explore individual cultural competence. Its purpose is to assist you in reflecting on your self-awareness in your interactions with others. Also, it can help you recognise ways to enhance your effectiveness in both professional and personal settings within a diverse environment. The term 'culture' encompasses not only race, ethnicity, and ancestry but also shared culture such as beliefs, common experiences.

After each section, total the number of checks in that column. Multiply the number of times you checked "Never" by

1. "Sometimes/Occasionally"
2. "Fairly Often/Pretty Well"
3. "Always/Very Well".

The higher your total score, the more culturally competent you are becoming.

This is merely a tool, not a test, since cultural competence is an ongoing process that unfolds along a continuum over a lifetime. The rating scale is provided to help you pinpoint areas of strength and areas requiring further development to progress toward your goal of cultural competence.

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				
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				
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 how my culture informs my judgement	I am aware of how my cultural perspective influences my judgement about what are 'appropriate', 'normal', or 'superior' behaviours, values, and communication styles.				
Accept uncertainty	I accept that in cross cultural situations there can be uncertainty 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 information.				

Be curious	I take any opportunity to put myself in places where I can learn about difference and create relationships.				
Assess the limits of my knowledge	I will recognise 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 question				
		1 pt x	2 pt x	3 pt x	4 pt x
Awareness					
Assess the limits of my knowledge	I will recognise that my knowledge of certain cultural groups is limited and commit to creating opportunities to learn more				
Understand the influence culture can have	I recognise that cultures change over time and can vary from person to person, as does attachment to culture				
Commit to life- long learning	I recognise that achieving cultural competence involves a commitment to learning over a life-time				
Understand the impact of racism, sexism, homophobia ...	I recognise that stereotypical attitudes and discriminatory actions can dehumanise, even encourage violence against individuals because of their membership in groups which are different from myself				
Point of reference to assess appropriate behaviour	I'm aware that everyone has a "culture" and my own "culture" should not be regarded as a point of reference to assess which behaviour is appropriate or inappropriate				
		1 pt x	2 pt x	3 pt x	4 pt x

Cultural Competence checklist. Central Vancouver Island Multicultural Society. (2021, December 8). <https://www.cvims.org/community/cultural-competency%20/>

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