

Midwest Center for Cultural Competence, LLC



SELF-ASSESSMENT FOR CULTURAL COMPETENCE*

Use the following key to access your level of competence for each of the statements.

- U Unfamiliar The information is totally new to me.

- AW Awareness I have heard about it, but I don't know its full scope, such as its principal components, applications, and modifications

- K Knowledge I know enough about this to write or talk about it. I know what it is, but I'm not ready to use it. I need practice and feedback.

- AP Application I am ready to apply or have applied this information in my own work and/or life.

- F Facilitation I am ready to work with other people to help them learn this. I feel confident enough to demonstrate and/or teach this to others, yet I know that my learning is a lifelong process.

Where I Am Now	Where I Want to Be	Competencies
U AW K AP F	U AW K AP F	I am aware of the problem of language, images, and situations that suggest that most members of a racial or ethnic group are the same (e.g. "All Asians are good at math").
U AW K AP F	U AW K AP F	I substitute factual and meaningful information for ethnic clichés. For instance, I avoid using terms and adjectives that reinforce racial and ethnic stereotypes.
U AW K AP F	U AW K AP F	I try to address stereotypical statements when I hear them used by others.

*This self-assessment is adapted from Cultural Competence: A Primer for Educators by Jerry V. Diller and Jean Moule.

U	AW	K	AP	F	U	AW	K	AP	F	I avoid patronizing and tokenism of any racial or ethnic group (e.g. “One of my best friends is Black”).
U	AW	K	AP	F	U	AW	K	AP	F	I understand the histories of oppressed groups (Native American, African American, Latino/Chicano, Asian/Pacific American) in the United States.
U	AW	K	AP	F	U	AW	K	AP	F	I thoughtfully view books and films to see if all groups are fairly represented.
U	AW	K	AP	F	U	AW	K	AP	F	I am aware of how my membership in different groups influences the power that I possess, and I am aware of how to constructively use that power.
U	AW	K	AP	F	U	AW	K	AP	F	I understand racial identity development. I know how to evaluate personal attitudes, emotions and actions around my own racism and prejudice.
U	AW	K	AP	F	U	AW	K	AP	F	For White individuals: I am conscious of my White racial identity and its relationship to racial oppression in the United States. I think critically about what it means to be White in this country.
U	AW	K	AP	F	U	AW	K	AP	F	For individuals of Color: I am conscious of my racial identity development and its relationship to racial oppression in the United States. I think critically about what it means to be of Color in this country.