



## LEARNING OBJECTIVES

- ◉ Assess individual cultural competencies in three areas.
- ◉ Determine strengths and areas for growth in the arena of cultural competency.
- ◉ Identify target areas from which to develop a personal plan for enhancing cultural competencies.

## CULTURAL COMPETENCY?

- ◉ The million dollar question:

- Can we ever really be culturally competent?

## WHAT IS CULTURE?

- ◉ Culture is who we are.
- ◉ Our personal beliefs and value systems influence our interactions with others.
- ◉ Each of us has a set of experiences, assumptions and habits that we carry around with us. It's with us all the time and influences all that we do.

## WHY SELF-ASSESSMENT?

- ◉ Explore our individual cultural competence.
- ◉ Consider skills, knowledge, and awareness of ourselves in our interactions with others.
- ◉ Recognize what we can do to become more efficient in working and living in a diverse world.
- ◉ Identify areas of strength and need for further development.

## CULTURAL SELF-AWARENESS

- ◉ Leads us to:
  - Develop cultural knowledge.
  - Increase cultural intelligence.
  - Understand the dynamics of difference.
  - Increase awareness & appreciation of difference.
  - Adapt practice skills to fit a cultural context.

*We do not see things  
as they are - we see  
things as we are.  
~Anais Nin*

## DISCUSSION

Cultural  
Awareness  
Self-Assessment

## CULTURAL SELF-ASSESSMENT

- ◉ Knowledge
  - What we recognize, know and believe
- ◉ Awareness
  - What we perceive
  - How we view the world
- ◉ Skills
  - What we do/can do
    - Includes how we communicate, interact and adapt

## NEXT STEPS

