



Cultural Competency Self-Evaluation

Rate yourself on the following actions and behaviors in the workplace by placing a check mark in the appropriate column.

- First 6 questions are about your personal actions and behaviors
- Next 6 questions are about personal feelings and reactions to the behaviors of others

		Frequently	Sometimes	Never
1.	Do you generalize about groups of people?			
2.	Do you make assumptions about people without getting to know them?			
3.	Are you sensitive about your own circumstances?			
4.	Do you say things that cause others to lose interest in having a collaborative relationship with you?			
5.	Do you do things that cause others to lose interest in having a collaborative relationship with you?			
6.	Do you expect those of another culture to behave as if they are a part of your culture?			
7.	Has your productivity ever been affected by thoughtless comments made by a co-worker?			
8.	Do certain comments made to or about you ever make you uncomfortable?			
9.	Have you ever experienced an awkward "Sudden Silence" when you walk into a work area?			
10.	Do you think you are treated unfairly because you are a member of a certain group?			
11.	How often are you on the receiving end of a thoughtless comment or action?			
12.	How often are you on the giving end of a thoughtless comment or action?			
Total the number of checks in each column				

Over time, you will experience "Frequently" and "Sometimes" feelings and behaviors less and "Never" more often, which is the goal.