

## SELF-ASSESSMENT OF MULTICULTURAL COMPETENCIES

Attitudes	Skills	Knowledge
Be open-minded	Ask questions about cultural differences	Become familiar with diverse greetings, verbal and nonverbal
Ask for clarifications	Get feedback	Understand the impact of cultural on behavior and actions
Remain positive	Assess strengths	Engage in reflective journaling practices to monitor your progress
Be curious about learning about others' cultures	Acknowledge cultural awareness	Use knowledge to respond effectively to cultural and ethnic differences
Use prior knowledge to build new knowledge about cultural diversity	Acknowledge cultural identities as uniqueness	
Use previous experience as a guide in new interactions	Address inappropriate behavior without judging cultural values or behaviors	