

## **Questions to Assist with Informally Assessing One's Level of Cultural Competence**

1. Am I knowledgeable about the world views of different cultural and ethnic groups?
2. Am I aware of my biases and prejudices towards other cultural groups, as well as racism in healthcare?
3. Do I seek out face-to-face and other types of encounters with individuals who are different from myself?
4. How do I react when a person I encounter does not speak English?
5. What are my beliefs toward folk remedies?