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?