



MOVING AHEAD: The Challenge

Cultural Competence Worksheet

IMPROVING CULTURAL COMPETENCE: ACTION STEPS AND GOALS

Two important positive and proactive aspects of cultural competency are: 1. finding out more about resources that can assist us in the process of our cultural literacy, and 2. serving as an advocate or ally when we witness oppressive language or actions towards others. Both of these aspects are powerful and assist on the journey to cultural competence.

Choose 4 of the following 8 action steps so that you can become a better ally to people outside your own group(s):

1. I will research some of the resources on my campus to become a better ally.
2. I will research some of the resources in my communities to become a better ally.
3. I will make a commitment to stopping offensive jokes when I hear them.
4. I will read some of the books and articles that are included in the resources list for improving Cultural Competence.
5. I will make a commitment to acknowledging that every person matters.
6. I will work on healing my own scars of mistreatment so that I can be a better ally to others.
7. I will work on stepping outside of my comfort zone.
8. I will commit to examining a hypocrisy in my own life and working to resolve that hypocrisy.

Which four action steps did you choose?

Why did you choose those four?

How will you put these action steps into practice?

Who might you team up with so that you can discuss your progress, share resources, and/or work on these issues together?

