

Personal Awareness Self-Assessment

Using the following scale, rate your level of personal awareness and/or knowledge surrounding diversity and cultural competency issues as described below.

1 = Not knowledgeable at all
2 = Minimally knowledgeable

3 = Somewhat knowledgeable
4 = Very knowledgeable

Personal Awareness:

- I acknowledge my personal values, biases, assumptions, and stereotypes.
- I am aware of my cultural identities and recognize how culture has impacted my personal interactions.
- I can appreciate how diversity has benefited and enriched my life's experiences.
- I recognize my own privileges and am able to articulate areas of disadvantages.
- I am aware of my own developmental stage and am constantly working towards improvements.
- I have knowledge of my personal diversity issues and am able to resist "*getting hooked*" by inflammatory statements or behaviors.
- I am comfortable being with members of groups different from my own.
- I am able to accept different points of view, behaviors, values, and goals.
- I am comfortable communicating about diversity.
- I am able to be flexible, nonjudgmental, and tolerant of ambiguity, when interacting with others.
- I "*walk the talk*" by demonstrating commitment and support for diversity at school, work and in my community.
- I am sensitive and respectful to how others identify themselves.
- I am accepting of an expansion of the access to opportunities and power by all groups.
- I am able to admit that I do not have all the answers and am on the path of growth.
- I am able to use mistakes as learning opportunities.