

WORKSHEET 1

INTERCULTURAL COMPETENCE: SELF-REFLECTION

Please rate yourself on the following:

5 = very high 4 = high 3 = average 2 = below average 1 = poor

1. Respect (valuing other cultures)	5	4	3	2	1
2. Openness (to intercultural learning and to people from other cultures)	5	4	3	2	1
3. Tolerance for ambiguity	5	4	3	2	1
4. Flexibility (in using appropriate communication styles and behaviors, in intercultural situations)	5	4	3	2	1
5. Curiosity and discovery	5	4	3	2	1
6. Withholding judgment	5	4	3	2	1
7. Cultural self-awareness/understanding	5	4	3	2	1
8. Understanding others' worldviews	5	4	3	2	1
9. Culture-specific knowledge	5	4	3	2	1
10. Sociolinguistic awareness (awareness of using other languages in social contexts)	5	4	3	2	1
11. Skills to listen, observe, and interpret	5	4	3	2	1
12. Skills to analyze, evaluate, and relate	5	4	3	2	1
13. Empathy (do unto others as you would have others do unto you)	5	4	3	2	1
14. Adaptability (to different communication styles/behaviors, to new cultural environments)	5	4	3	2	1
15. Communication Skills (appropriate and effective communication in intercultural settings)	5	4	3	2	1

Then reflect on one specific situation in which intercultural competence was required. Did you act appropriately and effectively?

How can you continue to develop your intercultural competence?

Reflection questions

- + How open am I to those from different cultural, socioeconomic and religious backgrounds?
- + Do I make quick assumptions about others? Do I prejudge people or situations or do I make judgements later?
- + Do I try to understand other people's behaviour based on their own cultural background?
- + Do I value those from different backgrounds even when I may disagree with their beliefs and opinions?
- + Am I eager to learn about different cultures and about people's backgrounds and experiences? Do I make an effort to learn more?
- + Can I describe my own cultural conditioning? How do I behave and communicate with others?
- + How would I describe my worldview?
- + How much do I know about other people's cultural backgrounds?
- + How much do I really listen to other people?
- + Do I know how other people want to be treated or do I assume that they want to be treated by my cultural standards?
- + Discuss the process model of intercultural competence below.

