



# JOURNAL PAGE: DAY 5

**NOTE:**

Please save this PDF to your computer before using.

## CULTURAL COMPETENCE

Use the spaces on the right side below to enter your answers and thoughts, and then save this document to your computer for future reference.

<b>Why do you think it is important to be culturally competent?</b>	
<b>How would you describe your personal background and culture?</b>	
<b>Based on an assessment of your cultural competence, what are some opportunities for growth when interacting with someone from another background or culture?</b>	
<b>Additional Thoughts:</b>  What was your 'a-ha' moment (moment of surprise or new information)?  What was your 'hurt' moment (feeling of discomfort)?  What will you do differently?	