



JOURNAL PAGE: DAY 5

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.

Why do you think it is important to be culturally competent?	
How would you describe your personal background and culture?	
Based on an assessment of your cultural competence, what are some opportunities for growth when interacting with someone from another background or culture?	
Additional Thoughts: 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?	