

CULTURAL COMPETENCE CHECK-IN: SELF-REFLECTION

This tool was developed to heighten your awareness of how you view the influence of cultural and linguistic factors. NOTE: There is no answer key; however, you should regularly review and reflect upon areas that you rated as 3, 4, or 5.

Ratings: 1 : Strongly Agree

2 : Agree

3 : Unsure

4 : Disagree

5 : Strongly Disagree

- I am aware of and acknowledge the influence of others' cultural backgrounds.
- I am aware of my beliefs and value systems and do not impose them on others.
- I believe that it is acceptable to use a language other than spoken English in the United States.
- I accept all levels of acculturation into the dominant culture.
- I am inclusive of individuals who are LGBTQIA+ (*the common abbreviation for Lesbian, Gay, Bisexual, Pansexual, Transgender, Genderqueer, Queer, Intersex, Agender, Asexual, and Ally community*).
- I know how to use pronouns that reflect all genders—binary and non-binary.
- I know that not all genders align with sex assigned at birth.
- I take responsibility for my comments or behavior that may result in a negative impact on others.
- I recognize that not all groups experience equal degrees of privilege and/or marginalization.
- I am driven to respond to others' insensitive comments or behaviors.
- I do not knowingly participate in insensitive comments or behaviors.
- I am aware that the roles of family members may differ within or across culture or families.
- I recognize family members and other designees as decision makers for services and support.
- I am inclusive of all family structures (e.g., divorced parents; same-gender parents; grandparents as caretakers; non-binary family members, close friends, and loved ones).
- I understand the difference between a communication disorder and a communication difference.
- I understand that views of the aging process may influence the decision to seek intervention.
- I understand that there are several American English dialects.
- I recognize that all English speakers use at least one dialect of English.

I understand that the use of a foreign accent or limited English skill is not a reflection of:

- Reduced intellectual capacity
- The ability to communicate clearly and effectively

I understand how culture can affect child-rearing practices such as the following:

- Discipline
- Dressing
- Toileting
- Feeding
- Self-help skills
- Expectations for the future
- Communication

I understand the impact of culture on:

- Access to health care systems
- Education
- Family roles
- Religion/faith-based practices
- Gender roles
- Alternative medicine
- Customs, practices, or traditions
- Perception of time
- Use of AAC
- Views on wellness
- Views on (dis)ability
- The value of Western medical treatment
- Employment

I understand how cultural norms may influence social communication in many ways, including:

- Eye contact
- Interpersonal space
- Use of gestures
- Comfort with silence
- Turn-taking
- Topics of conversation
- Asking and responding to questions
- Greetings
- Interruptions
- Use of humor
- Decision-making roles
- Directness
- Play, including the value of play

* Although several sources were consulted in the development of this checklist, the following document inspired its design: Goode, T. D. (2002). Promoting cultural and linguistic competence self-assessment checklist for personnel providing services and supports in early intervention and childhood settings (Rev. ed.). National Center for Cultural Competence, Georgetown University Center for Child and Human Development, University Center for Excellence in Developmental Disabilities Education, Research & Service.

REFERENCE THIS MATERIAL AS FOLLOWS:

American Speech-Language-Hearing Association. (2021). Cultural competence check-in: Self-reflection. <https://www.asha.org/siteassets/uploadedfiles/multicultural/self-reflection-checklist.pdf>.



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