How Culturally Competent Are You?

- How often do you choose to socialize with people from different cultures?
  - a. Regularly. Someone's faith or culture shouldn't influence your decision to be friends with them.
  - b. Occasionally. I don't discriminate, but I rarely come into contact with people from different cultures.
  - c. Hardly ever. I prefer to mix with people from the same cultural background as me.
- A person of a different ethnicity than you asks you out on a date. You:
  - a. Go--you don't care what a potential mate's ethnicity is.
  - b. Think about it--you've never been out with anyone of a different ethnicity, and it might be a new experience.
  - c. Don't go--you can't imagine a relationship with someone of a different ethnicity.
- You invite workmates to a Friday night dinner party; one of them asks to switch the day because Friday evening is a religious holiday for them. You:
  - a. Reschedule to accommodate your coworker's religious beliefs.
  - b. Do what you can--it really depends on what suits the majority.
  - c. Keep everything as it was--it would be unfair to the other guests to change it.
- You're waiting to board a plane at the airport when a Middle Eastern man is called out of the line to be searched. Do you:
  - a. Think it's unlikely that he's a terrorist but are glad someone's checking all the same.
  - b. Think he's being discriminated against because of the way he

looks.

c. Watch the search closely, hoping that he doesn't end up on your flight.

- If you found out that a celebrity you admired was gay or a lesbian, would this affect your perception of them?

  a. No--their sexual orientation has absolutely no bearing on why I admire them.

  b. Perhaps--if their expressions of it were not extreme or offensive.

  c. Yes--if I don't agree with their lifestyle I can no longer admire them.

- The United States government plans to outlaw **any** discrimination based on age, gender, or sexual orientation. You think this is:

  a. A great idea--it's about time someone tried to promote a better understanding of different people.

  b. Progress--the country needs to be a more welcoming place, but is this really enough?

  c. A bad idea--if I have a view about someone I should be able to express it, without the government legislating against my opinion.

- A recent poll showed that nine out of ten Americans think that the number of immigrants entering the country is a big problem. You:

  a. Disagree- these are genuine people fleeing for their lives; people are too influenced by the media.

  b. Understand--many immigrants are probably not terrorists, but there is a lot of money being wasted on them.

  c. Agree- nobody can check if their stories are true, which is dangerous given the current threat of terrorism.

- In a heated and important election year, you find out that you and your best friend voted differently. You:

  a. Forget about it--they have the right to vote however they like.

  b. Question their decision- the party they voted for has strong opinions that you simply can't agree with.

  c. Feel betrayed and consider ending your friendship because you can't believe a friend of yours would support such views.

SCORING

A=2.5 points
B=1 point
C=0 points

RESULTS

19-20 points: Cultural Proficiency
16-18 points: Cultural Competence
11-15 points: Cultural Pre-Competence
8-10 points: Cultural Blindness
4-7 points: Cultural Incapacity
0-3 points: Cultural Destructiveness

This test has been provided for educational purposes only. It is not intended to diagnose any condition or recommend treatment. The test has been adapted from the quiz *How Tolerant Are You?* by Beliefnet, Inc. Available: http://www.beliefnet.com/section/quiz/indez.asp?sectionID=500&surveyID=216.