

Appendix 6

Exploring Our Current Cross-Cultural Lives, Skills, and Competencies

Instructions: Complete the worksheet as an individual. The self-assessment column involves asking yourself the question “How do I [insert one of the definitions]?” For example, “How do I maintain a mission orientation about culture?” You should anticipate having empty boxes in the grid. After completing the worksheet alone, gather with two or three additional individuals and share your self-assessment. The intention of these ongoing conversations is to center the concepts that Whiteness distracts us from learning. After completing the activity, discuss your self-assessment with others and consider the following next steps: (1) notice your strengths and areas of improvement; (2) consider how your environments support and detract from your cross-cultural development; and (3) identify one or two competencies to practice over a six- to twelve-month period.

	DEFINITION	SELF-ASSESSMENT HOW DO I . . .
Diplomatic Mindset	<ul style="list-style-type: none"> • Maintains a mission orientation about culture • Manages attitudes toward culture • Understands self in cultural context 	
Cultural Reasoning	<ul style="list-style-type: none"> • Copes with cultural surprises • Takes perspective of others in intercultural interactions • Develops cultural explanations of behavior 	
Intercultural Interaction	<ul style="list-style-type: none"> • Engages in disciplined self-presentation • Plans intercultural communications • Acts with limited cultural knowledge 	
Cultural Learning	<ul style="list-style-type: none"> • Is self-directed in learning about cultures • Develops reliable information sources • Reflects and seeks feedback on intercultural encounters 	

Source: Rasmussen and Sieck (2015).

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