

WEEK

5

Cultural Competence and Humility



“ Every Human is Like all Other Humans, Some Other Humans and No Other Human.” – Clyde Kluckhohn

We are all born belonging to a culture, which is not only influenced by traditional practices, heritage and ancestral knowledge, but also by the experiences, values, and beliefs of individual families and communities. Culture is the fundamental building block of identity, and the development of a strong cultural identity is essential to an individual’s healthy sense of who they are and where they belong. Respecting diversity of cultures means valuing and reflecting on the practices, values, and beliefs of families and communities.

Cultural competence isn’t something we’re born with. It’s shaped by our life experiences. So it’s only natural that we miss seeing some of the differences that are right in front of us. As we move through life and encounter more differences, our mindsets expand, and we develop the skills and knowledge to navigate complex situations more easily.

Cultural competence is the ability to understand, communicate with, and effectively interact with people across cultures. Cultural competence encompasses:

- Being aware of one’s own world view
- Developing positive attitudes towards cultural differences
- Gaining knowledge of different cultural practices and world views
- Developing skills for communication and interaction across cultures
- Fostering secure, respectful, and reciprocal relationships and partnerships

Share your reflections and any resources that help further the discussion on today’s topic on social media using the hashtag #UWLIEquityChallenge

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Underlying cultural competence are the principles of trust, respect for diversity, equity, fairness, and social justice. Cultural competence requires more than becoming culturally aware or practicing tolerance. Rather, it is the ability to identify and challenge one's own cultural assumptions, values, and beliefs, and to make a commitment to communicating with cultural understanding.



ACTIVITY ONE

WATCH: [Cultural Humility](#)



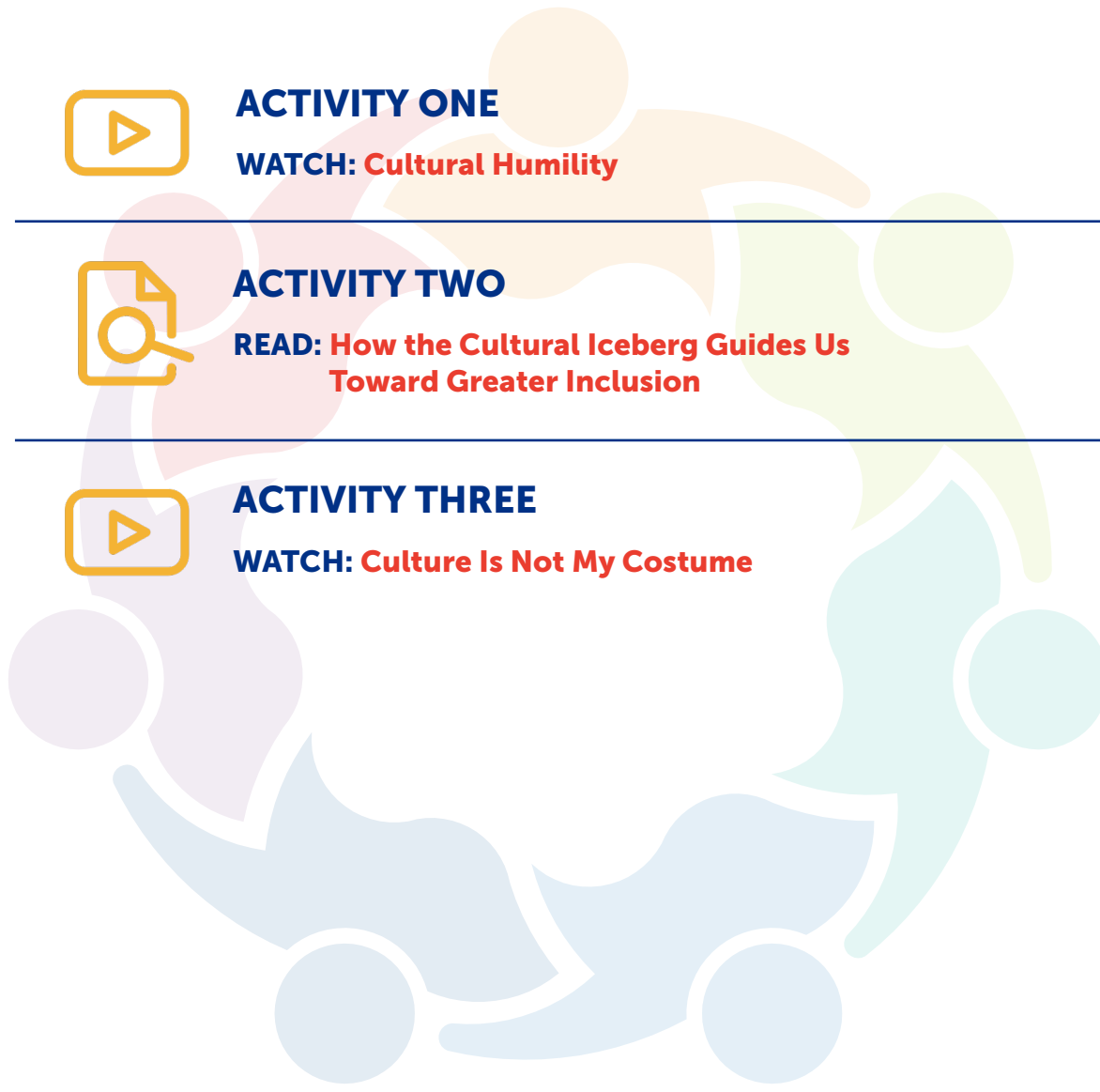
ACTIVITY TWO

READ: [How the Cultural Iceberg Guides Us Toward Greater Inclusion](#)



ACTIVITY THREE

WATCH: [Culture Is Not My Costume](#)



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