



# Cultural Awareness Activity

APSS CC 4 – Effective Listening Skills

Some of our beliefs and biases about other people may be unconscious and until we explore and assess what we believe, we cannot be self-aware.

Answer the following questions:

**1. Do I know the main characteristics of my own culture? -**

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**2. Am I aware of words, connotations, or labels that negatively affect specific groups of people?**

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**3. Am I aware of my own biases and stereotypes?**

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**4. Am I aware of the different cultures of the people in my workplace?**

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5. Am I curious about different cultures?

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6. Am I comfortable discussing culture and diversity?

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7. Do I take time to learn about other cultures?

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8. Do I understand the role of culture in a counseling setting?

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**9. Are there any groups or cultures that I am uncomfortable working with?**

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**10. What can I do to increase my comfort level with other groups or cultures?**

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**11. What can I do to increase the comfort level of people to work with me?**

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**12. What are some things I want to learn more to work on my personal growth around culture?**

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