



# Cultural Competency



Self-Guided Learning Program

# Overview



## Introduction

Culture is the shared values, traditions, norms, customs, art, history, folklore, and institutions of a specific group of people.

A fancy definition of cultural competency is “the willingness and ability to interact respectfully and effectively with individuals and groups, acknowledging the common and different elements of our cultural identities.” The result is words and actions that recognize, affirm, and value the worth of individuals and communities and protect and preserve the dignity of each. “Cultural intelligence” is another term for cultural competence.



## Test Your Knowledge

*Read the question, then click on the answer.*

Which of the following is NOT an element of cultural competence?

A. Attending diversity training

B. Awareness of others' cultural influences

C. Knowledge of yourself and your own cultural influences

D. Behaviors that respect the dignity and differences of others

