



# Cultural Competency Reflection Workbook

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Use this workbook to answer the reflection questions during the Cultural Competency Workshop.

Name: \_\_\_\_\_

# CULTURAL COMPETENCY REFLECTION WORKBOOK

Key Words/Concepts

Questions

Connections

Wonderings

# CULTURAL COMPETENCY REFLECTION WORKBOOK

## REFLECTION #1: WHAT IS CULTURE?

Write your definition of "Culture" below.

## REFLECTION #2: CULTURAL VALUES

What messages did you receive growing up about your cultural values?

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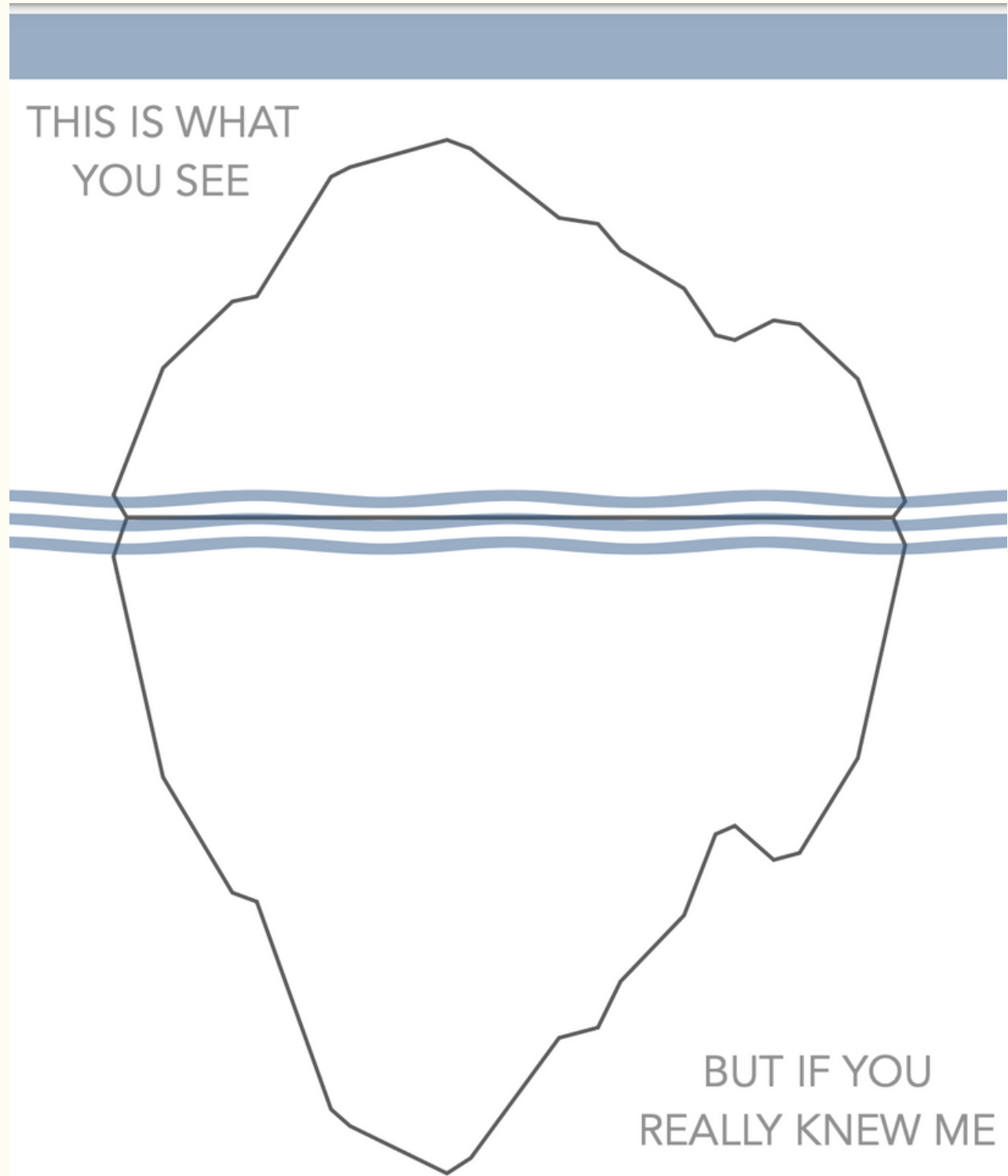
Connections

Wonderings

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## ICEBERG ACTIVITY

What do people see? What is below the line? Fill in your own Iceberg



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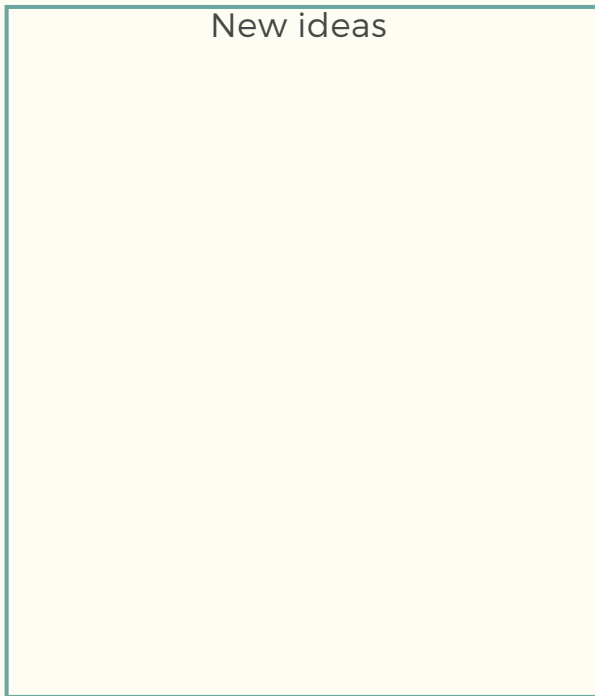
Wonderings

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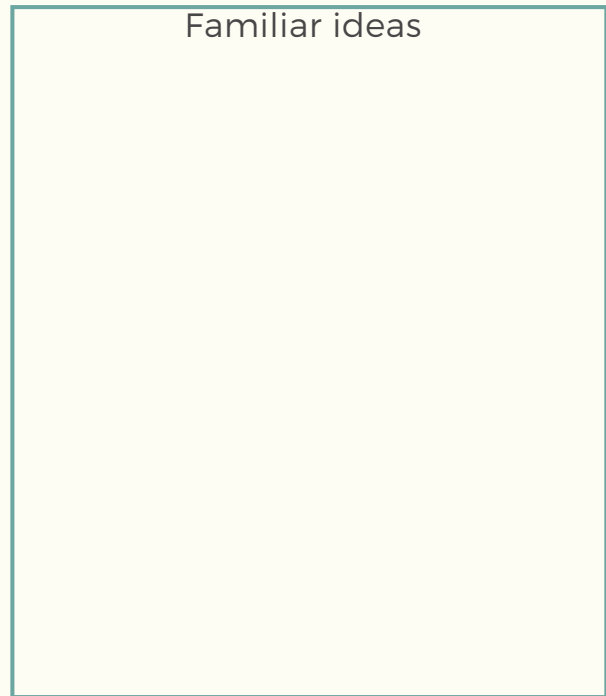
## REFLECTION # 3: IMPLICIT BIAS

As you watch the video, make notes:  
What is new for you? What is familiar?

New ideas



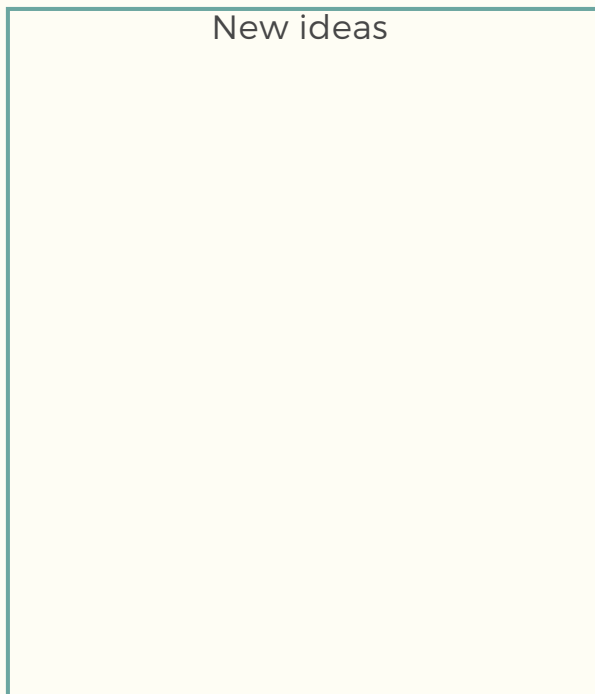
Familiar ideas



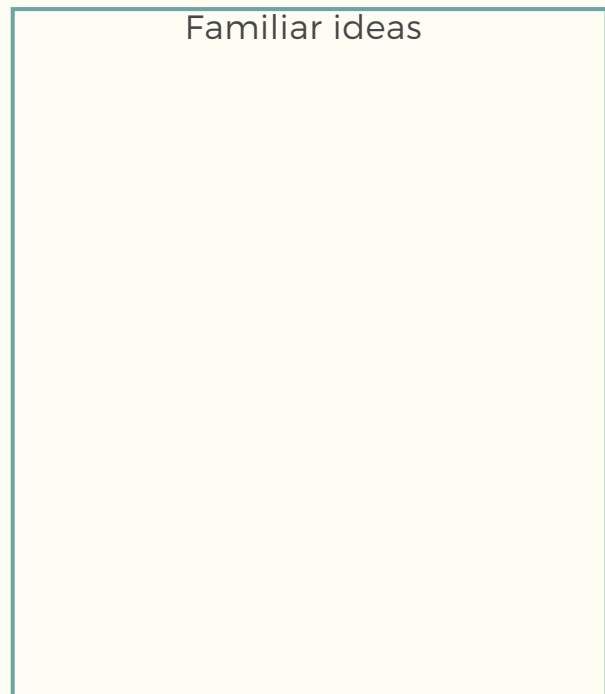
## REFLECTION # 4: RAT STUDY

As you watch the video, make notes:  
What is new for you? What is familiar?

New ideas



Familiar ideas



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## RESOURCES

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For more resources, please visit:

<https://bit.ly/ccwresources>

