

# Self Assessment of Skills and Knowledge

## Module 2: Self-Awareness

This survey is a guide to help you rank and understand your own skills and knowledge in relation to cultural competency.

Complete this survey **before** you start the Module.

1. Have you undertaken cultural competency training in the last **twelve** months?

Yes      No      (please circle)

If yes, what did you find most useful about the training?

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### 2. Skills and knowledge

Tick or cross the box that best describes how you see your skills and knowledge in response to the statements below. Be as honest as possible.

	Not really I need to know a lot more (1)	Yes a little I can talk about it (2)	I know the basics. Starting to develop skills in this area (3)	I know this area well and have strong skills in this area (4)
a. I can list the four key elements of self-awareness.				
b. I can identify my professional knowledge and skill sets.				
c. I can identify and name some of my emotions and motivations and the impact these may have on my work.				
d. I can demonstrate the process of active reflection through the case management process.				

3. What skills and knowledge would you like to learn in this training session?

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**Thank you for completing this survey**