

Individual Action Plan for Cultural Competence

Consider your strengths and weaknesses as a culturally competent person. Prepare a plan to become more personally culturally competent so that you can better champion the needs of foster youth.

Name: _____

Date: _____

Specific: Write a very specific goal that clearly defines what you are going to do to improve your cultural competence skills. What do you need to learn? What communities in your region do you know the least about? Whom do you feel most different from? Whom do you hold bias toward or stereotypes about?

Measurable: Identify how you will measure your progress. Will something look different? Will you act or feel differently? Will you receive certain types of feedback? Will you be comfortable interacting with a new community? Choose a person to be accountable to.

Attainable: Is this goal within your reach? Do you have what you need, or do you need to find books, movies, people to interview, a class, or people to practice and learn with?

Realistic: You are not expected to save the world or become perfect overnight. Identify factors in your environment that will support your progress, and people you can discuss the work with realistically. Small steps move us toward big changes.

Timely: Set a deadline by which you will accomplish this plan of action.

Benefits: What are the benefits (for you, for others) of setting and accomplishing this goal?

Signature

Date