### Self-Assessment and Planning Worksheet

**Competency: Cultural Competence**

demonstrates knowledge of sociocultural factors affecting interactions and behavior; appreciation and respect for multiple dimensions of diversity; recognizes limits of one’s own knowledge and experience and seeks opportunities for learning and growth; engages with diverse and competing perspectives for work; citizenship, and personal learning; recognizes and addresses bias in oneself and others; communicates effectively with people from different backgrounds and identities

<table>
<thead>
<tr>
<th>Current Achievement Level:</th>
<th>Planning</th>
<th>Progressing</th>
<th>Achieving</th>
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</table>

This competency is important because:

What it says about me:

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I have demonstrated this competency in the following ways:

and this is what I learned and how I grew from this experience:

which have influenced my interests and prepared me in the following ways:

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My action plan for further learning and growth:

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Adapted from Competency Resources and Self-Assessment Guide for Medical School Applicants (2017). Association of American Medical Colleges.