**Cultural Humility Test**

Training Source Document: Cultural Humility, Part I — What Is ‘Cultural Humility’? You Tube Video

Answering 4 out of 5 questions correctly is required to pass.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_

Pre Test\_\_\_ Post Test\_\_\_ Test After Training \_\_\_ Number Correct \_\_\_

1. What event in U.S history served to expand the discussion about cultural humility in this country?
2. The assassination of John F. Kennedy
3. The assassination of Martin Luther King
4. Rodney King being beaten by police officers in Los Angeles
5. The Civil Rights Act of 1964
6. Lifelong learning & critical self-reflection is are important principles of cultural humility because:
7. the process of learning about each individuals’ culture is a lifelong endeavor,
8. no two individuals are the same
9. each individual is a complicated and multi-dimensional human being
10. all of the above
11. Which is not considered to be a component of cultural humility
12. Cultural competence
13. Institutional accountability
14. Lifelong learning & critical self-reflection
15. Recognizing and challenging power imbalances
16. Cultural competence can be best thought of as a body of knowledge and cultural humility best thought of as an approach to working with people.

 [ ]  True [ ]  False

1. As a helping professional, realizing you don’t have to know everything allows you to be:
2. open with people
3. ask more questions
4. less afraid of feeling stupid
5. all of the above