

What is Cultural Humility?

Cultural competence helps us understand the awareness, knowledge and skills that we need to collaborate successfully across cultures, but it has limitations. It takes a long time to fully develop cultural competence, and it may be difficult, if not impossible, to gain a sufficient understanding of every culture we encounter, no matter how hard we try.

The concept of cultural humility was developed to help us bridge that cultural gap.

Cultural humility is a process of self-evaluation that focuses on how our culture influences our perceptions of other communities and the impact that has on our ability to participate in successful cultural exchanges.

Cultural humility includes:

- Evaluating and acknowledging the limitations of our own cultural perspectives
- Recognizing and changing power imbalances
- Prioritizing mutual respect
- Accepting that developing cultural understanding is a lifelong learning process

STUDENT NAME _____

Instructions: Watch the film and note characters, scenes and quotes who/that demonstrate cultural competence and cultural humility.

CULTURAL COMPETENCE

CULTURAL HUMILITY