

**SELF AWARENESS/SELF ASSESSMENT**  
**(TO DO BY YOURSELF FOR YOURSELF)**

[marco.a.benavides@state.or.us](mailto:marco.a.benavides@state.or.us)

	Never			Always		
1. Have you thought about your own gender, racial, ethnic and social class identity and the various as in which you are similar to, yet different from the demographic groups to which you belong?	1	2	3	4	5	
2. Have you thought about how your own gender, race, ethnicity and social class have influenced how you process information and how you work?	1	2	3	4	5	
3. Have you talked about how culture influences the way people process information and how your style is perceived by colleagues and peers who are of a different race, gender, and/or ethnicity?	1	2	3	4	5	
4. Have you thought about how your own culture influenced the way that you disseminate or process information and how your style is perceived by colleagues and peers who are from a different gender, racial, or ethnic group?	1	2	3	4	5	
5. Do you honestly believe that all staff peers are capable of succeeding regardless of their racial or ethnic group and gender?	1	2	3	4	5	
6. Are you honestly willing to change your behavior/style from ways that are comfortable to you to ways that may be more helpful to staff-peers that are different from you?	1	2	3	4	5	

**Self Awareness Score:**

**20-30 points.**

**You have thought a good deal about this issue and are actively involved in talking to others about it too.**

**10-19 points.**

**Your honesty with yourself is an asset. Think about the areas that you have not thought about before. What insights do they help you discover? Now try talking about these insights with people who are different from you.**

**0-9 points.**

**Give yourself some time for introspection. You may find that it's easier to first talk this over with someone whose background is similar to yours. Without meaning to harm others, you may be unconsciously perpetuating some culturally biased behaviors.**