

# Unconscious Bias



## Quiz



## Unconscious bias – self Awareness

To assess how you communicate in a multi-cultural setting, rate your responses to the statements below. Use a scale of 1 to 5 to rate how strongly you agree with the statement, 1 being low agreement and 5 being high. This is strictly for your own self-awareness and will not be used by anyone but you during the session.

1. I appreciate different ways of communicating. \_\_\_\_\_
2. I avoid jargon or slang when I'm around those who don't understand my cultural jargon, or slang. \_\_\_\_\_
3. I listen as I speak; I do not interrupt. \_\_\_\_\_
4. I consider the effect of cultural differences on messages being transmitted. \_\_\_\_\_
5. I check my assumptions about others who are culturally or racially different than I. \_\_\_\_\_
6. When experiencing frustration or sensing conflict in a cross-cultural situation, I ask myself, "What's really going on here?" \_\_\_\_\_
7. I realize others may stereotype me and I try to overcome any incorrect assumptions they make about me. \_\_\_\_\_
8. I do not judge people on their accent or language fluency. \_\_\_\_\_
9. I never use ethnic jokes and I object when others do. \_\_\_\_\_

10. I never make remarks that are “hot buttons” for women, people of color, or any other group. \_\_\_\_\_
11. I recognize I am a product of my own upbringing, and my way is not the only way. \_\_\_\_\_
12. I’m patient and flexible. I can accept different ways of getting a job done as long as the results are good. \_\_\_\_\_
13. I am curious about people who are different than I, thus, I make it my business to meet people who are different than I by race, gender, culture. \_\_\_\_\_
14. Some of my friends or associates are different from me in age, gender, race, physical abilities, economic status, sexual orientation and education. \_\_\_\_\_
15. I listen carefully. \_\_\_\_\_
16. I like people and accept them as they are. \_\_\_\_\_
17. I am sensitive to the feelings of others and observe their reactions when I am talking. \_\_\_\_\_
18. I am aware of my prejudice and consciously try to control my assumptions about people. \_\_\_\_\_
19. I ask for clarification when I don’t understand what someone is saying. \_\_\_\_\_
20. I recognise my personal and cultural values and know which values I am able to compromise without losing my integrity. \_\_\_\_\_

**HOW TO SCORE:** Total your answers. If your score is 80 or above, you probably value diversity and are able to work with people who are different from yourself. If your score is 50 or below, you probably experience much difficulty working in a multi-cultural setting and could benefit from further training. Between 50 and 80 you are headed in the right direction, but there is much room for improvement.