**Student Intercultural Development Self-Reflection Guide**

Intercultural development is a lifelong journey that shapes ways of thinking, emotional responses, ways of relating to others, and ways of advocating for change in the world. Intercultural growth occurs through participating in intercultural life experiences, reflecting on how these experiences shape us, and identifying steps for ongoing development.

This self-assessment includes reflection questions in five intercultural domains. Honestly reflect on your current level of development. This process will help you to identify strengths that support you in effective cross-cultural relationships and to set intentions for ongoing development.

|  | **Not like me at all** | **Not often like me** | **A little bit like me** | **Very much like me** |
| --- | --- | --- | --- | --- |
| **Affective (attitudes and emotions that support interculturality)** | | | | |
| I am curious about other people, other contexts, and other ways of seeing the world. |  |  |  |  |
| I am open-minded when I explore new situations. |  |  |  |  |
| I can withhold judgement when I encounter a situation I do not fully understand. |  |  |  |  |
| **Cognitive (ways of thinking interculturally)** | | | | |
| I am a lifelong intercultural learner |  |  |  |  |
| I avoid stereotypes when describing the cultural identities and values of others |  |  |  |  |
| I can identify multiple culturally-influenced points of view on an issue |  |  |  |  |
| I can tolerate ambiguous situations where the right action/answer is not immediately clear |  |  |  |  |
| **Intrapersonal (internal intercultural development)** | | | | |
| I can identify the factors that contribute to my identity(ies) |  |  |  |  |
| I can identify my strengths, weaknesses, and limitations |  |  |  |  |
| I engage in regular self-reflection to support my ongoing journey of growth, change, and development. |  |  |  |  |
| I can recover from setbacks and mistakes in intercultural relationships, continuing to actively engage with others. |  |  |  |  |
| **Relational (intercultural development expressed in relating)** | | | | |
| I can develop relationships with others from a different cultural background than my own. |  |  |  |  |
| I can adjust my communication style when interacting across a linguistic difference. |  |  |  |  |
| I can adjust my way of relating to demonstrate sensitivity for someone else’s cultural preferences. |  |  |  |  |
| I can express empathy in an intercultural situation. |  |  |  |  |
| I can relate to others from a place of equality, working to eliminate any power imbalances in the relationship. |  |  |  |  |
| **Social (intercultural understanding that supports equity and justice)** | | | | |
| I am aware of how my identities influence relationships in my own and in other cultures. |  |  |  |  |
| I am able to challenge discriminatory ideas. |  |  |  |  |
| I am able to identify actions to take when I observe a social injustice. |  |  |  |  |
| I am able to support other communities’ efforts towards equity. |  |  |  |  |

**C. Page (2021) Informed by: King and Baxter Magdola (2005), Deardorff (2006), Dervin (2016), (Foronda et al., 2016).**