Cultural Competency: Key Concepts

Thought Process: working towards cultural competency
1. **Awareness** of your own cultural biases/preconceived notions
2. **Desire** to learn and become engaged
3. Gaining a solid bed of **Knowledge**
4. Learning some basic **Skills**
5. Obtaining an abundance of meaningful **Encounters**

**Platinum Rule:** Do unto others, as they would like done unto them.

<table>
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<tr>
<th>Generalization = a starting point.</th>
<th>Stereotype = an ending point.</th>
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<tbody>
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<td>When generalizing, one begins with an assumption about a group but leads to seeking further information about whether the assumption fits that individual.</td>
<td>When stereotyping, one makes an assumption about a person based on group membership without learning whether or not that individual fits the assumption.</td>
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