Read each statement and select the response that best describes your capabilities. Select the answer that best describes you as *you really are*. For each item below, enter a number from 1 to 5, based on the following scale:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree |  | Do not agree or disagree |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | I am conscious of the cultural knowledge I use when interacting with people with different cultural backgrounds. | 1 | 2 | 3 | 4 | 5 |
| 2 | I adjust my cultural knowledge as I interact with people from a culture that is unfamiliar to me. | 1 | 2 | 3 | 4 | 5 |
| 3 | I am conscious of the cultural knowledge I apply to cross-cultural interactions. | 1 | 2 | 3 | 4 | 5 |
| 4 | I check the accuracy of my cultural knowledge as I interact with people from different cultures. | 1 | 2 | 3 | 4 | 5 |
| 5 | I know the legal and economic systems of other cultures. | 1 | 2 | 3 | 4 | 5 |
| 6 | I know the rules (e.g., vocabulary, grammar) of other languages. | 1 | 2 | 3 | 4 | 5 |
| 7 | I know the cultural values and religious beliefs of other cultures. | 1 | 2 | 3 | 4 | 5 |
| 8 | I know the marriage systems of other cultures. | 1 | 2 | 3 | 4 | 5 |
| 9 | I know the arts and crafts of other cultures. | 1 | 2 | 3 | 4 | 5 |
| 10 | I know the rules for expressing non-verbal behaviors in other cultures. | 1 | 2 | 3 | 4 | 5 |
| 11 | I enjoy interacting with people from different cultures. | 1 | 2 | 3 | 4 | 5 |
| 12 | I am confident that I can socialize with locals in a culture that is unfamiliar to me. | 1 | 2 | 3 | 4 | 5 |
| 13 | I am sure I can deal with the stresses of adjusting to a culture that is new to me. | 1 | 2 | 3 | 4 | 5 |
| 14 | I enjoy living in cultures that are unfamiliar to me. | 1 | 2 | 3 | 4 | 5 |
| 15 | I am confident that I can get accustomed to the shopping conditions in a different culture. | 1 | 2 | 3 | 4 | 5 |
| 16 | I change my verbal behavior (e.g., accent, tone) when a cross-cultural interaction requires it. | 1 | 2 | 3 | 4 | 5 |
| 17 | I use pause and silence differently to suit different cross-cultural situations. | 1 | 2 | 3 | 4 | 5 |
| 18 | I vary the rate of my speaking when a cross-cultural situation requires it. | 1 | 2 | 3 | 4 | 5 |
| 19 | I change my non-verbal behavior when a cross-cultural situation requires it. | 1 | 2 | 3 | 4 | 5 |
| 20 | I alter my facial expressions when a cross-cultural interaction requires it. | 1 | 2 | 3 | 4 | 5 |

**Scoring Key**

|  |  |
| --- | --- |
| **Metacognitive CQ**  1. \_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_  4. \_\_\_\_\_\_\_\_  *Total*: \_\_\_\_\_\_\_\_  **Average**: \_\_\_\_\_\_\_\_ | **Cognitive CQ**  5. \_\_\_\_\_\_\_\_\_\_  6. \_\_\_\_\_\_\_\_\_\_  7. \_\_\_\_\_\_\_\_\_\_  8. \_\_\_\_\_\_\_\_\_\_  9. \_\_\_\_\_\_\_\_\_\_  10. \_\_\_\_\_\_\_\_\_\_  *Total*: \_\_\_\_\_\_\_\_  **Average**: \_\_\_\_\_\_\_\_ |
| **Motivational CQ**  11. \_\_\_\_\_\_\_\_  12. \_\_\_\_\_\_\_\_  13. \_\_\_\_\_\_\_\_  14. \_\_\_\_\_\_\_\_  15. \_\_\_\_\_\_\_\_  *Total*: \_\_\_\_\_\_\_\_  **Average**: \_\_\_\_\_\_\_\_ | **Behavioral CQ**  16. \_\_\_\_\_\_\_\_  17. \_\_\_\_\_\_\_\_  18. \_\_\_\_\_\_\_\_  19. \_\_\_\_\_\_\_\_  20. \_\_\_\_\_\_\_\_  *Total*: \_\_\_\_\_\_\_\_  **Average**: \_\_\_\_\_\_\_\_ |

**Global CQ score**

**Average**  \_\_\_\_\_