**Find out about your personal strenghts!**

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| **Your self-competencies** | **a little (1) a lot (4)** | | | |
|  | **1** | **2** | **3** | **4** |
| Independence  I can define my goals and work on them by myself. |  |  |  |  |
| Resilience  I can deal with problems and difficulties. |  |  |  |  |
| Endurance  I can work on a task until I am happy with the result. |  |  |  |  |
| Commitment  I fight for the interests of other people. |  |  |  |  |
| Enthusiasm  I am enthusiastic about my tasks. |  |  |  |  |
| Decision-making capability  I have the courage to make decisions. |  |  |  |  |
| Creativity  I have a lot of new ideas. |  |  |  |  |
| Handling criticism  I can handle criticism and can also be critical of my own work. |  |  |  |  |
| Critical reflection  I reflect my own actions. I know my strenghts and weaknesses. |  |  |  |  |
| Independence  I like working on my own and organising tasks without supervision. |  |  |  |  |
| Self-confidence  I know who I am, what I can do and what I want to do.  I can speak for myself. |  |  |  |  |
| Reliability  I keep my promises. |  |  |  |  |
| Determination  I try to reach my goals and work hard for them. |  |  |  |  |
| Risk-taking  To reach my goals I am willing to take risks. |  |  |  |  |
|  |  |  |  |  |
| Your social competencies | 1 | 2 | 3 | 4 |
|  |  |  |  |  |
| Empathy  I understand other people’s emotions and can put myself in their position. |  |  |  |  |
| Communication  I like to talk to other people. I can explain my thoughts and ideas to others and understand also their different points of view. |  |  |  |  |
| Conflict management  I can resolve conflicts of my own and help others when they have conflicts of their own. |  |  |  |  |
| Cooperativeness  I enjoy cooperating with others. I’m interested in other people’s opinions. I like finding solutions together. I don’t always have to be right. |  |  |  |  |
|  |  |  |  |  |
| Helpfulness  When somebody needs help, I’m willing to help. |  |  |  |  |
| Motivational capability  I’m motivated to work on different tasks. |  |  |  |  |
| Openness  I like meeting new people and listening to their thoughts and ideas. |  |  |  |  |
| Collaborative Skills  I enjoy working in a team. I like listening to other ideas and contributing my ideas. |  |  |  |  |
| Tolerance  I treat all people with respect even if I don’t agree with them. |  |  |  |  |
| Persuasiveness  I can convince other people and inspire them. |  |  |  |  |
| Responsibility  I stand up for myself and my actions. I like having responsibities in a team. |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| **Your skills** | **1** | **2** | **3** | **4** |
|  |  |  |  |  |
| General knowledge |  |  |  |  |
| Your mother tongue (German – verbal and in writing) |  |  |  |  |
| Text Comprehension  I can read and understand texts quickly. |  |  |  |  |
| Mathematics |  |  |  |  |
| Scientific knowledge (Biology, Physics, Chemistry..) |  |  |  |  |
| Economics  I understand economic contexts. |  |  |  |  |
|  | 1 | 2 | 3 | 4 |
| Knowledge of foreign languages (verbal and in writing) (English, French, Spanish..) |  |  |  |  |
| Scientific techniques  I can analyse, interpret, structure and document data. |  |  |  |  |
| Artistic skills  Music, acting, drawing, painting, creative writing |  |  |  |  |
| Computer skills |  |  |  |  |