

It is important that you are aware of your strengths and weaknesses before going abroad. A good understanding of your capabilities and limitations will help you prepare better for your stay in your destination country.

Below you will an overview of various competencies (strengths):

### **Personal competences**

- ▶ Willingness to perform / motivation
- ▶ Sense of responsibility
- ▶ Self-assessment
- ▶ Critical faculties
- ▶ Reliability
- ▶ Independence
- ▶ Openness
- ▶ Value attitude
- ▶ Empathy
- ▶ Diligence / Accuracy / Perseverance

### **Social skills**

- ▶ Communication skills
- ▶ Conflict skills
- ▶ Ability to work in a team
- ▶ Good manners/ Etiquette

### **Methodological competences**

- ▶ Ability to learn
- ▶ Ability to analyze and solve problems
- ▶ Independence
- ▶ Organizational skills

- ▶ Classification and evaluation of knowledge
- ▶ Prioritization
- ▶ Perseverance

### **Basic school competences**

- ▶ Spelling
- ▶ Reading and dealing with texts
- ▶ Expressing yourself and understanding
- ▶ Basic mathematical skills
- ▶ Basic economic competences

### **Practical life skills**

- ▶ Dealing with authorities and money
- ▶ Hygiene
- ▶ Daily structure
- ▶ Use of public transport
- ▶ Shopping
- ▶ Self-care
- ▶ Appearance
- ▶ Leisure activities

### **Intercultural competences**

- ▶ Understanding and tolerance in dealing with cultures, traditions and religions

### **IT and media skills**

- ▶ Independent application and targeted use of information and communication technologies
- ▶ Independent application and targeted use of print media

### **Basic professional competences**

- ▶ Occupation-related basic knowledge
- ▶ Motor skills

## **Soft skills**

- Ability to work in a team
- Ability to work under pressure
- Openness
- Willingness to take responsibility
- Performance orientation
- Willingness to learn
- Communication skills
- Initiative
- Commitment
- Social behavior
- Courtesy
- Reliability
- Perseverance
- Innovativeness
- Creativity
- Analytical thinking
- Perseverance
- Assertiveness
- Organizational talent
- Conscientiousness
- Flexibility
- Collegiality
- Perceptiveness
- Practical skills
- Interest

Self-assessment VIACHARAKTER.ORG

▶ Please fill in the self-assessment form!

Enjoy!

▶ My weakness:

" I want to do everything 150%".

▶ I feel this is a weakness because I need more time to do the task or it stresses me out to do everything so precisely.

▶ But a supervisor can see this as a strength.

He knows that this employee works conscientiously and punctually.

Weaknesses - Strengths

▶ Task

▶ Think about three weaknesses of yourself.

▶ Keep in mind that the weaknesses can also be seen as strengths from a different perspective.

Have fun!

**Additional questions:**

- **What are your strengths?**
- **Match your strengths with the categories above (personal, social skills etc.). Do you have a strength for each category? If not, which categories do you need to work on.**
- **Think of concrete examples for your list of strengths (e.g., "I am able to work in a team because i have successfully participated in team sports")**
- **What are weaknesses that you have managed to overcome?**
- **Think of possible ways to overcome your current weaknesses.**