



Tips for Youthpass self-assessment

And how to make it more relevant for “others”

8 key competences for lifelong learning

- Communication in mother tongue
 - Communication in foreign languages
 - Mathematical and basic competence in science and technology
 - Digital competence
 - Learning to learn
 - Social and civic competence
 - Sense of initiative and entrepreneurship
 - Cultural awareness and expression
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- Other skills

Self assessment is challenging!

- Giving names to your competences and presenting them is a competence in itself!
- Do not start with 8 key competences since the very beginning, it is just a framework
- Clarify the purpose of the self-assessment: writing for yourself or for “others” (e.g. potential employers, education, etc.)?

Starting the sentence

- *I feel more comfortable now...*
- *I found out...*
- *I learned...*
- *I made progress...*
- *Now I am able to...*
- *I know now how...*
- *I developed...*
- *I have clear view now...*

Cheat sheet

I explored...	Because...	That is relevant for...
I discussed...	By doing...	That will allow me to...
I acknowledged...	With...	That will show in...
I questioned...	Without...	That will be useful for...
I failed...	While...	That will enable me to...
I wondered...	At...	That showed me...
I enjoyed...	When...	That motivated me...
I reflected...	About...	That stopped me...
I confirmed...	Through...	That made clear for me...
I discovered...	After...	
I read...		
I felt...		
I dreamed...		
I heard...		
I experienced...		

Language of competences

Accountability, Adaptability, Attention to detail, Clear communication, Conflict management, Creativity, Developing others, Emotional control, Flexibility, Handling stress, Integrity, Leading teams, Open-mindedness, Openness for learning, Proactive thinking, Problem solving, Project management, Result-oriented, Self-confidence, Self-management, Taking initiative, Team work, Etc.

What does it mean for you?

- What does this competence mean to you?
- Why is it important?
- How do you show it?

S.T.A.R. - What about evidence?

Situation: Describe a situation in which you have gained/shown this competence?

Tasks: What were the tasks that you had to accomplish in that situation?

Actions: What were the actions that you took?
What did you do?

Results: What were the outcomes? What happened?

Example: STAR – approach

Flexibility in team work

I have been working with the team of 8 other young people in planning of a local campaign project, when we have realised that due to cut funding our some of our original ideas would not be possible to realise, so we needed to reschedule everything. Although I was personally very much in favour of some of the activities, I have remain open for merging some of the planned activities and dropping some others, still keeping the main goal in mind. The situation led to a better team unity and a successful campaign afterwards.