

Self-reflection tool for recognizing soft skills

Now, it's the moment to deepen your new skills you are acquiring.

To answer to these questions could help you to recognise the competences you are learning and it could facilitate the final compilation of the Youth pass at the end of the placement. It's a good tool to follow your learning process. Even if at the moment you feel that some competences are missing, don't worry. It's normal. During the days/ months you will gain most of the following competences. While you answer to these question consider the entire month that you have lived.

Key competences	Questions which can help you reflect	Self-assessment
Communication in the mother tongue	Am I using my mother tongue?	
Communication in foreign languages	Am I improving my communication in foreign languages?	

Mathematical competence and basic competences in science and technology	Am I using my mathematical competence during the International Placement?	
Digital competences	Am I learning about computer use in other countries here? Am I learning to use online resources for my International Placement (websites, blogs, mailing lists, social networks like Facebook)?	
Social and civic competences	Am I developing new communication skills? Am I able to communicate with people from different contexts and understand different points of view? Am I able to manage different conflicts constructively and to have empathy?	

Sense of initiative and entrepreneurship	Am I able to transform ideas into action? Am I able to be creative and innovative?	
Cultural awareness and expression	Am I expressing myself and my culture? Am I developing new knowledge and awareness of cultural + linguistic diversity?	