

Skills, Knowledge and Qualities Self Evaluation

Look at the checklist of skills, knowledge and qualities below. Rate yourself honestly with a number from 1 – 4. (1 being the lowest score and 4 being the highest score). You will repeat this at the end of the International Placement to see how much your skills and qualities have improved.

Level of skill / knowledge	Rating before trip	Rating after trip	Quality	Rating before trip	Rating after trip
My vocational training course			Cooperative		
Working in a business environment			Confident		
European working practices			Conscientious		
Problem solving			Responsible/reliable		
Communicating / Talking			Even tempered		
Working with numbers			Helpful		
Writing creatively			Honest		
Writing technically / factually			Work with others		
Using a Computer			Work independently		
My knowledge of other countries			Smart appearance		
My knowledge of the Placement country			Lead others		
Experiencing other cultures			Able to listen		
Meeting different people			Able to organise		
Speaking a foreign language			Polite		
Understanding a foreign language			Punctual		