

TASK: MY COMPETENCES



Individual work + work in pairs



30 minuts (10+10+10)

The lead trainer divides the participants in pairs and gives instruction that in the next 10 minutes the participants, each of them, consider which competencies are relevant for their dream job. Then in the handout **HO-3**, they should indicate which relevant knowledge, skills, and attitudes that qualify them for their dream job, they consider to possess. In addition, they should list those they think they do not possess and they feel that are required for the work they are dreaming about.



Once the **HO-3** handout has been filled, participants continue to work in pairs for which they have another 10 minutes. Each participant should present to his/her pair the knowledge, skills and attitudes (s)he has listed as possessing, as well as those listed as still lacking. The other person should listen and comment on whether the formulations are adequate and precise, and whether there are some other relevant categories they did not think of.

After working in pairs, the lead trainer gathers all participants and starts a 10-minute discussion. Questions for discussion:

- *Did you manage to define what knowledge, skills and attitudes for the dream job you have and what you still lack? Let them raise their hand those who have managed to list them all, i.e. who believe they have completed the list.*
- *When you look at the scope of knowledge, skills and attitudes that you possess, and when you look at those you still lack, how far do you think you are away from the dream job?*
- *Was it difficult to define these categories? What did you learn?*

M6 Instruction 4

- *Was this exercise useful to you for future preparation for job seeking?*



Through this task participants will learn to articulate knowledge, skills and attitudes and will better understand which competencies they possess and which they lack.



HO-3
