

## 2.1 I am creating my personal profile

### Identifying my strengths and abilities

SELF-ASSESSMENT – what I say about me

Name: \_\_\_\_\_ Date: \_\_\_\_\_

For every statement, tick how well you can do something.

<b>Practical skills</b>				
I can work well with tools (e.g. pliers, hammer).	😊😊	😊	😞	😞😞
I can work well with measuring instruments (e.g. ruler).	😊😊	😊	😞	😞😞
I can work well with computers.	😊😊	😊	😞	😞😞
I can work well with materials and documents.	😊😊	😊	😞	😞😞

<b>Attitude to work and studying</b>				
I work and study thoroughly and precisely.	😊😊	😊	😞	😞😞
I am persistent when I work and study.	😊😊	😊	😞	😞😞
I can motivate myself.	😊😊	😊	😞	😞😞
I am good at thinking for myself.	😊😊	😊	😞	😞😞

<b>Social behaviour</b>				
I am punctual and reliable.	😊😊	😊	😞	😞😞
I am good at talking.	😊😊	😊	😞	😞😞
I can work together with others.	😊😊	😊	😞	😞😞
I can accept criticism.	😊😊	😊	😞	😞😞

What else are you especially good at doing?

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Signature (pupil): \_\_\_\_\_

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EXTERNAL ASSESSMENT – what others (parents, other pupils, teachers or businesses) say about me

For: \_\_\_\_\_ Completed by: \_\_\_\_\_ Date: \_\_\_\_\_

Please tick each statement. If a statement fully applies tick ☺☺; if a statement does not apply at all tick ☹☹.

Practical skills				
He/she can work well with tools (e.g. pliers, hammer).	☺☺	☺	☹	☹☹
He/she can work well with measuring instruments (e.g. ruler).	☺☺	☺	☹	☹☹
He/she can work well with computers.	☺☺	☺	☹	☹☹
He/she can work well with materials and documents.	☺☺	☺	☹	☹☹

Attitude to work and studying				
He/she works and studies thoroughly and precisely.	☺☺	☺	☹	☹☹
He/she is persistent when he/she works and studies.	☺☺	☺	☹	☹☹
He/she can motivate him/herself.	☺☺	☺	☹	☹☹
He/she is good at thinking for him/herself.	☺☺	☺	☹	☹☹

Social behaviour				
He/she is punctual and reliable.	☺☺	☺	☹	☹☹
He/she is good at talking.	☺☺	☺	☹	☹☹
He/she can work together with others.	☺☺	☺	☹	☹☹
He/she can accept criticism.	☺☺	☺	☹	☹☹

Other strengths and abilities:

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Signature: \_\_\_\_\_

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#### ANALYSIS OF THE SELF/EXTERNAL ASSESSMENT

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Enter the statements where you and the other person ticked 😊 or 😊😊. These are your strengths.

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2. Enter the statements where you and the other person have ticked ☹️ or ☹️☹️. These are the skills that you should work on.

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3. Enter a statement that does not apply.

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4. Ask the person why they gave you this assessment.

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Signature (pupil): \_\_\_\_\_