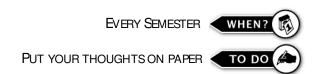STUDY- PORTFOLIO: Developing Competencies

Self Evaluation: My Key Competencies

In terms of the following skills, think about your organizational, communications, and methods competencies: What can I already do well, in which areas do I need improvement?

Check the boxes! Filling out this self- survey each semester will enable you to track the development of your competencies by comparing the results.

My Abilities/ Key Competencies	Relevant for my current studies?	I can do this well.		These I need to develop.		
		1	2	3	4	5
Appear competent in making presentations	☐					
Present my position in professional discussions	☐					
Set concrete learning goals and stick to them	☐					
Plan my time well and stay on track	☐					
Maintain self- discipline, even when I don't feel like studying	☐					
If there is something about the program I don't like, determine exactly where the difficulty lies	☐					
Actively tackle problems I can solve myself	☐					
If there is something I don't understand, ask	☐					
Explain learned material to others	☐					
Keep an overview of my program and be aware of what needs to be done	☐					
Establish clarity about my professional goal, or keep it in mind	☐					
Make suggestions about how to proceed in study or work groups	☐					
Promptly obtain the necessary materials for learning	☐					
Ability to accept group decisions	☐					
Speak in front of a group	☐					
Master relevant terms	☐					
Structure conclusions in writing	☐					
Research the literature	☐					
Filter essential information from texts	☐					
Explain a topic in terms of the academic debate	☐					
Express the current state of the academic debate and critically incorporate it into your own research question	☐					
Use an academic speaking style	☐					

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Key Competencies relevant to my current program

Choose three skills: What can I already do well? Where would I like to improve?

I can do this well:

My ability was demonstrated in the following example:

This semester I would like to improve:

The opportunity to improve exists when I:

This semester I would like to improve:

To opportunity to improve exists when I:

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