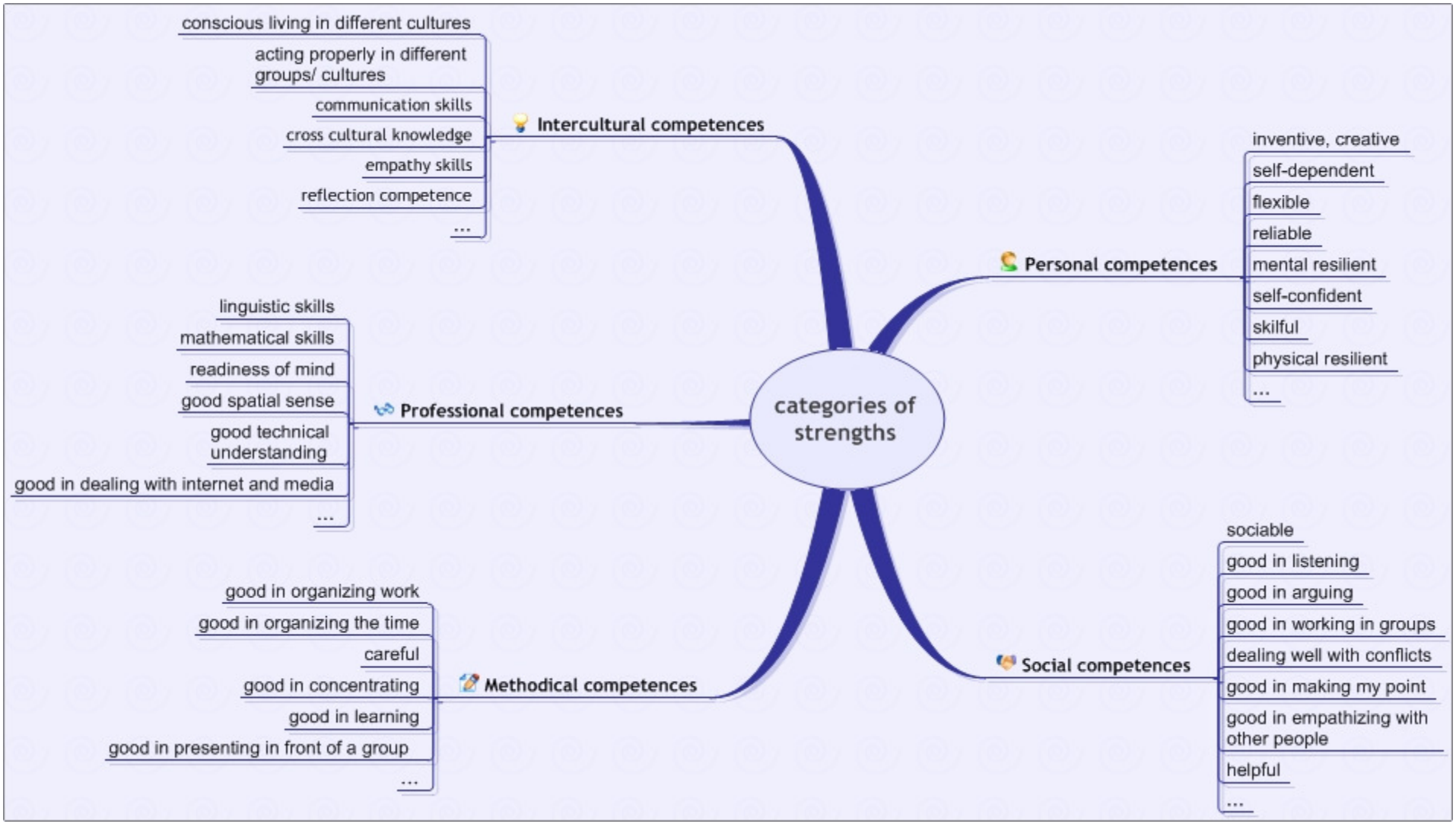
categories of strengths
Intercultural competences
conscious living in different cultures
acting properly in different groups/ cultures
communication skills
cross cultural knowledge
empathy skills
reflection competence
...
Personal competences
inventive, creative
self-dependent
flexible
reliable
mental resilient
self-confident
skilful
physical resilient
...
Professional competences
linguistic skills
mathematical skills
readiness of mind
good spatial sense
good technical understanding
good in dealing with internet and media
...
Social competences
sociable
good in listening
good in arguing
good in working in groups
dealing well with conflicts
good in making my point
good in empathizing with other people
helpful
...
Methodical competences
good in organizing work
good in organizing the time
careful
good in concentrating
good in learning
good in presenting in front of a group
...