

**PERSONAL STRENGTHS:**

That's me...

<b>Creativity / ingenuity</b>	<b>always true</b>	<b>true</b>	<b>occasionally true</b>	<b>never true</b>
I find different solutions for problems.				
It is easy for me to develop new ideas.				
I have visionary ideas.				
I develop new opportunities and try them out.				
I can design something with few means.				
I have my own style (clothes, hairstyle).				

**Self-reliance**

I can finish a certain task without any help.				
I can voice my opinion.				
I can make my own decisions.				
I can rate the consequences of my decisions.				

**Flexibility / willingness to change**

I can perform a task under different conditions (e.g. pressure of time).				
I am always ready for new and unconventional ideas.				
I can perform several tasks at the same time.				
I can cope with changes.				

**Reliability**

I reliably carry out assigned tasks like homework.				
I stick to appointments.				
Others can rely upon me.				

**Ability to cope with stress**

I can ask for help in order to achieve my aims.				
I can easily cope with difficulties.				
I can handle stress very well.				
I can handle uncertain situations very well.				

**Sense of responsibility**

When I do something I always think about the consequences for other people.				
I try to keep my promises.				
I inform my parents about what I am doing.				
I can accept responsibility for other people.				
I take care of things that belong to other people.				
I take responsibility for my decisions and actions.				

**Self-confidence**

I feel that basically I am alright.				
I ask when I do not understand something.				
I believe in me and I am able to show it.				
I express my concerns, wishes and needs.				
I look into the eyes of my counterpart during conversation.				
I know my skills and my wishes.				
I know my strengths and I can describe them.				

**Other personal qualities**

My look is important for me.				
I can see the funny side of certain difficult situations.				
I am polite.				
I carry out unpleasant activities immediately.				
I can motivate myself to work, even when I am not keen to do it.				

**Dexterity**

I like to do handicrafts.				
I fix things (e.g. bicycle) myself.				
I like to work with tools and manual equipment.				

**Graphic / artistic talent**

I like to draw.				
I like to produce drafts and drawings.				
I like decorating.				
I like to create something with different materials.				
I like to perform theatre plays.				
I have other skills in the field of art, namely...				

**Musical talent**

I like to sing.				
I play one or several musical instruments.				
I can identify the beat of a piece of music and can follow it.				

**Physical fitness**

I do sports regularly.				
I am in a good physical shape.				
I do not mind when I have to do hard work that demands physical fitness.				

**SOCIAL STRENGTHS:**

How I deal with other people!

	always true	true	occasionally true	never true
<b>Interpersonal skills</b>				
I quickly start a conversation with other people.				
I like listening to other people whose opinion completely differs from mine.				

**Ability to communicate**

I speak loudly and clearly.				
I can be very convincing in a discussion.				
I can listen.				
I can speak in a group.				
I can communicate and justify my decisions.				
I can express myself in a comprehensible way.				

**Ability to work in a team**

I can perform tasks together with other people.				
I can work in a team and accept responsibility.				
I can make compromises.				
I can accept decisions that have been made by the group.				
I can introduce proposals for solutions in a group.				
I respect and acknowledge other attitudes and opinions.				
I adhere to the arranged rules concerning house and school regulations.				

**Ability to deal with conflict**

I can stay balanced in a dispute.				
I accept criticism inasmuch as I can understand it.				
I apologise for my mistakes.				
I can forgive other people.				
I do not have to be right all the time.				
I try to discuss what bothers me.				

**Assertiveness**

I can express an opinion in a group/at class and then defend it.				
I often bring good arguments forward that persuade others.				
I can lead a group.				

**Ability to empathise**

I can empathise with other people.				
I respect my colleagues.				

**Helpfulness**

I help others.				
I voluntarily take over tasks for the entire class, the family, the team.				
I help weaker pupils to learn, to execute a task.				
I am very generous with other people.				

**METHODICAL STRENGTHS:**

This is how I work...

	always true	true	occasionally true	never true
<b>Work organisation</b>				
I can keep orderliness.				
I own a date book and keep it thoroughly.				
I always arrange handouts in a folder.				
I always have the required material with me.				

**Working speed/schedule**

I am always on time.				
I organise my time very well.				
I can handle assignments or other tasks on schedule.				
I can prepare a presentation or another larger task (work piece) on schedule.				

**Operational readiness/own initiative**

I am dedicated to (school) work.				
When I have decided to do something I always start with it.				
I always catch up with my missed schoolwork.				
I set myself goals and realise them.				
I consider myself to have a good work ethic.				
If something becomes difficult I try to solve the problem.				
I recognise work and carry it out independently.				

**Accuracy/precision**

I work thoroughly.				
I handle my tasks conscientiously.				
My drawing works and handicrafts are precise, the single parts fit into each other.				
I carry out tasks properly.				

**Ability to concentrate/endurance**

I work in a concentrated way.				
I am patient in solving difficult problems.				
I deal with a certain task until it is settled.				

**Learn technique and willingness to learn**

I have pleasure in learning something by myself.				
I memorise things very well.				
When I study for an exam I can arrange the learning matter very well.				
I can summarise texts.				

**Presentation skills**

I can speak freely in front of a group.				
I have a good command of presentation programmes (e.g. power point).				
I can give a speech and a presentation, respectively.				

**OCCUPATIONAL STRENGTHS:**

These are my occupational skills that I have learned!

	always true	true	occasionally true	never true
<b>Language skills in the mother tongue</b>				
I have a good command of spelling.				
I can express myself verbally in proper style.				
I can adopt my language to the situation.				
My style of writing is good.				
I write stories.				
I compose poems.				

**Mathematical skills**

I have/had no problems in mathematics.				
I comprehend mathematic principles.				
I can solve mathematic problems in different ways.				
I can derive mathematic formulae.				
I am good in mental arithmetic.				

**Apprehension / logical reasoning**

When somebody explains something to me I comprehend it very fast.				
I can use what I have learned.				
I comprehend logical interconnections.				
I can solve complicated riddles and tasks.				
I can distinguish between important and unimportant aspects.				

**Spatial sense**

I am good in orientating myself in foreign cities.				
It is easy for me to solve geometrical tasks.				
I can read maps and city maps.				
I can picture how it looks when I study the plan of an apartment.				

**Technical understanding**

I am proficient in different computer programmes.				
I am interested in the functioning of machines and equipment.				
I comprehend the function of technical equipment very quickly.				
I have specific skills in the field of technique, namely...				

**Media competence**

I can obtain information from the internet.				
I can obtain information by using libraries.				
I know how to use a lexicon, dictionary etc.				

**General knowledge**

I observe political events.				
I am well schooled in different domains of knowledge.				
I am particularly interested in / favourite subjects at school / in the course of studies are (giving examples):				

**INTERCULTURAL SKILLS:**

This is how I live with / in different cultures...

	always true	true	occasionally true	never true
I know where my roots are.				
I know what is culturally defined in my thinking, acting and feeling.				
I can represent cultural aspects that are important for me.				
I am familiar with Irish values, norms and customs.				
I know how to act properly in different cultures / fields / groups.				
I am able to accept the partial discrepancy between values of the culture of my home country and Irish values.				
I am able to get involved with people of different cultures, nationalities and different levels of education.				
I am interested in the culture, history, tradition, geography, politics and society of other countries.				
I can perceive differences and similarities of different cultures, social systems and political systems.				
I can handle conflicts that result from different cultural backgrounds.				
I try not to judge people due to their nationality, origin, gender, religion or physical appearance.				