



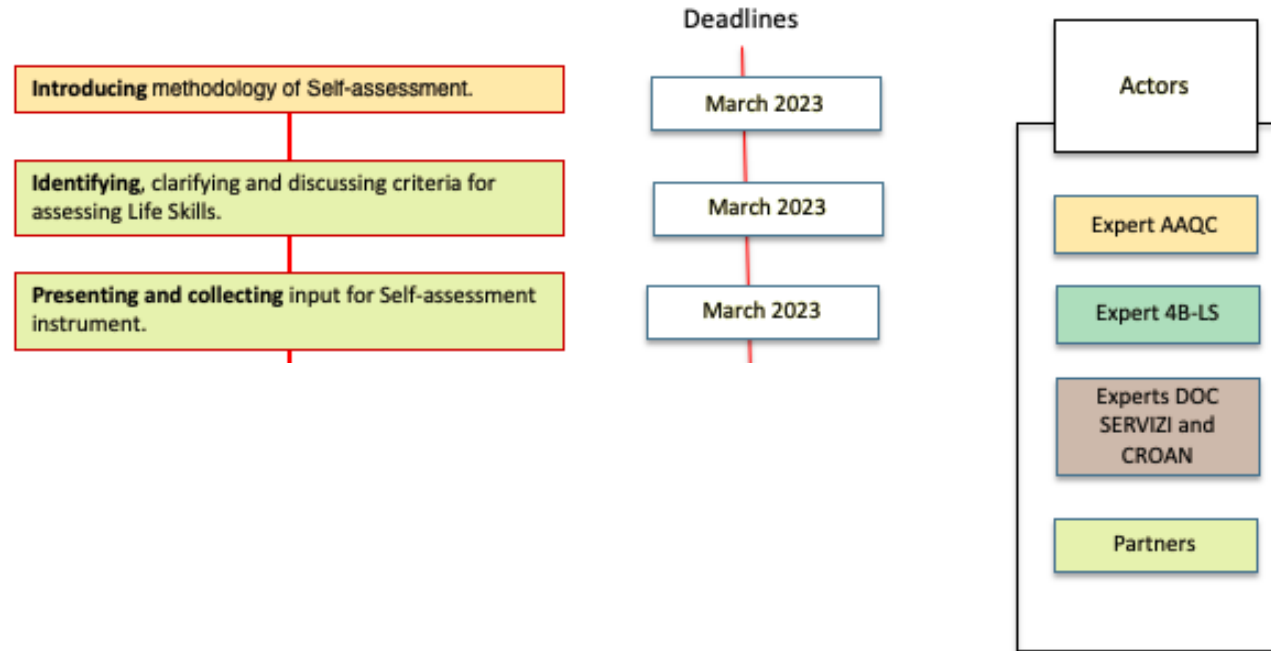
Self Assessment Instrument

Assessing Student's performance of Life Skills in
Vocational Education and Training (VET)





PR 2: Self-Assessment Instrument for assessing Life Skills of Students in VET

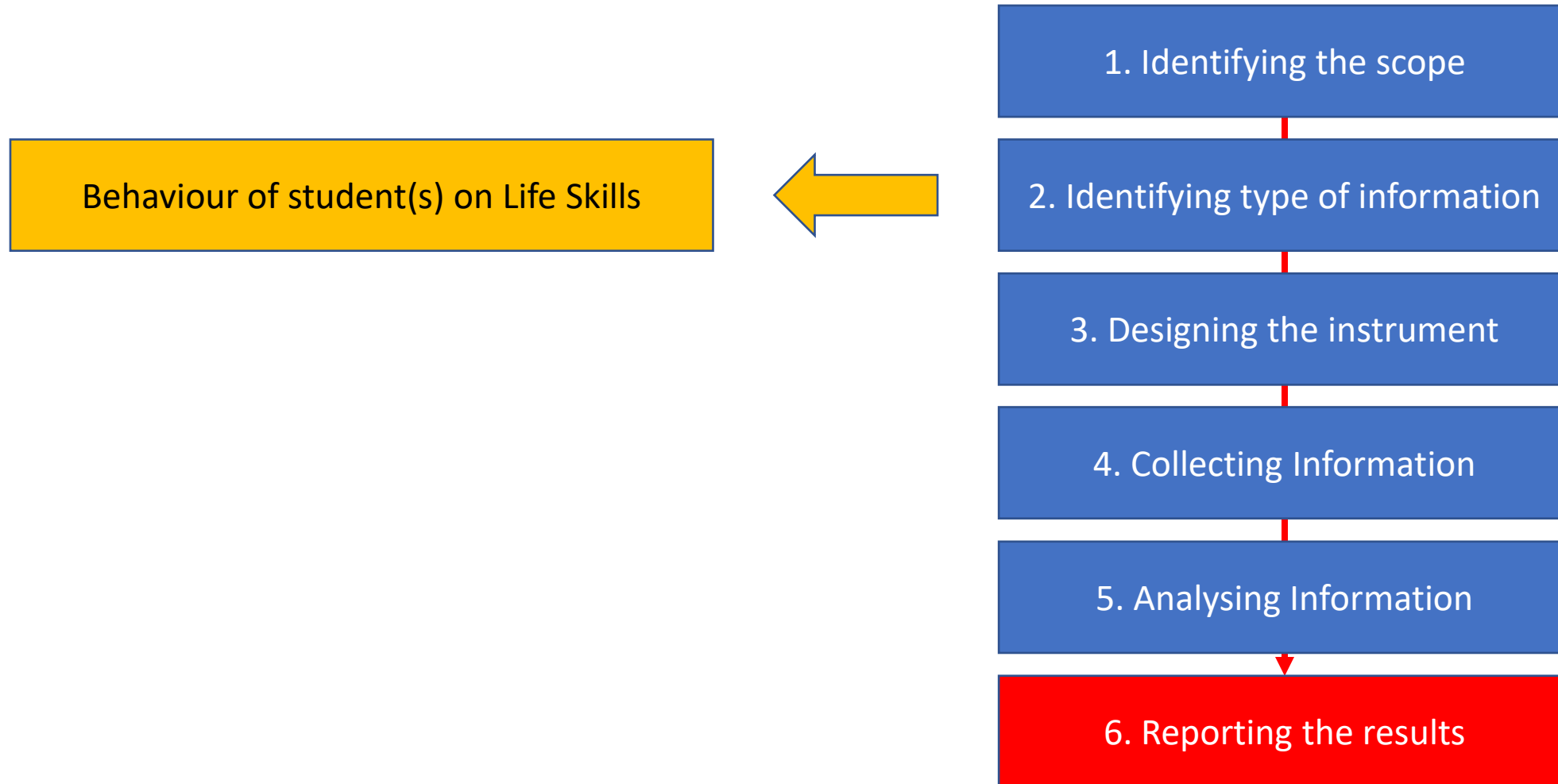


Experts: All About Quality Consultancy (NL)
FORBUSINESS LIFESKILLS (IT)
DOC SERVIZI SOC. COOP. (IT)
Croan training & Coaching B.V. (NL)

Partners: REA College Pluryn (NL)
BIC (SLO)
Venetica Società Cooperativa Sociale (IT)
TALLINNA MAJANDUSKOOL (EE)



Self-assessment process



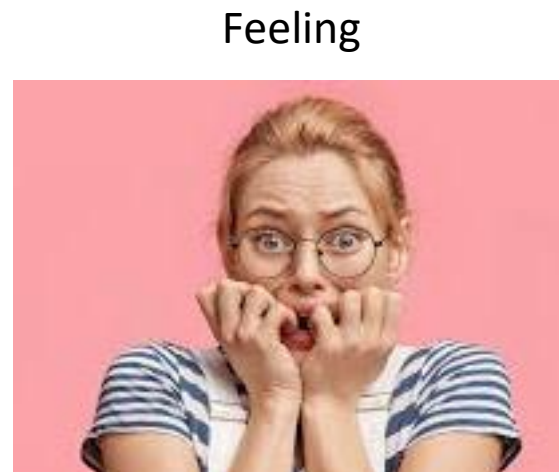
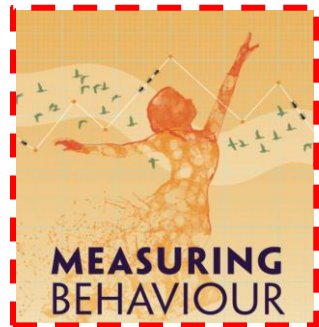


1. Partners have some understanding about Life Skills.
2. All partners have experiences in Life Skills Development / Training
3. Paper about descriptions of Life Skills and some examples of behavioural indicators.



How do you know if your students have Life Skills?

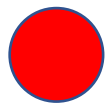
- You have an **impression** about having Life Skills
- You can observe behaviour (**interpretation** of behaviour) in specific situations
- You can **ask how persons respond** to different situations.
- You can ask how persons respond to different statements about their behaviour





Result of Self-Assessment (Individual student)

LIVE SKILLS PERFORMANCE		Performance
1 PROBLEM SOLVING	<p>What does it mean? Problem-solving helps us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain. Problem-solving is the process of identifying and resolving conflicts or problems. It involves breaking a problem down into its component parts, thinking about possible solutions, and then choosing the best one. Problem-solving is an important skill for everyone because it helps us identify and solve problems in our lives, work, and communities.</p>	<p>Recommendation In work and in life, problems can crop up. Even if you don't know how to fix the problem at first, there are methods and techniques to identify about how the problem happened in the first place. This gives you insights in the cause of the problem. There are also methods and techniques to explore and to find some good solutions. The analysis of the results of your answers shows that you face significant challenges in identifying and solving problems in your life. Therefore it is recommended to work on these issues by being aware of your current competences and techniques to identify and to resolve problems in work, life and in relationship with other people.</p>



The student has significant behavioural challenges in Problem Solving



The student has some behavioural challenges in Problem Solving



The student has no significant behavioural challenges in Problem Solving



1 PROBLEM SOLVING

What does it mean?

Problem-solving helps us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain. Problem-solving is the process of identifying and resolving conflicts or problems. It involves breaking a problem down into its component parts, thinking about possible solutions, and then choosing the best one. Problem-solving is an important skill for everyone because it helps us identify and solve problems in our lives, work, and communities.

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3 EFFECTIVE COMMUNICATION

What does it mean?

Effective communication means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations. This means being able to express opinions and desires, and also needs and fears. And it may mean being able to ask for advice and help in a time of need. Coping with stress means recognizing the sources of stress in our lives, recognizing how this affects us, and acting in ways that help us control our stress levels by changing our environment or lifestyle and learning how to relax. Coping with emotions means recognizing emotions within us and others, being aware of how emotions influence behavior, and responding to emotions appropriately. Intense emotions like anger or sadness can have negative effects on our health if we do not respond appropriately.

Recommendation

Expressing yourself helps you to clarify your opinions, needs and desires to other people so they understand what to try to say and they can take this information into account. The analysis of the assessment shows that, no matter what kind of communication you are using, you face some barriers in being effective in expressing your message to other people. These barriers hinder you in clarifying your opinions, needs and desires. Therefore it is recommended to improve your skills and competences and techniques of being more effective in your communication to other people. This will result in a better understanding of your needs and desires. It will also help you to build up relationships by sharing your experiences, and needs. It helps you to connect with others in a pleasant way.



4 DECISION MAKING

What does it mean?

Decision-making helps us to deal constructively with decisions about our lives. This can have consequences for health. It can teach people how to actively make decisions about their actions in relation to the health assessment of different options and, what effects these different decisions are likely to have.

Feedback on current performance

According to the analysis of your answers, you have the skills and competences to make decisions about your life in relation to your health and you are aware of the effect and impact of the decisions you make.





Result of Self-Assessment (Group of students)

LIVE SKILLS PERFORMANCE

1 PROBLEM SOLVING

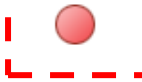
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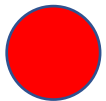
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Performance



Cohesion



The group of students have significant behavioural challenges in Problem Solving



The group of students have some behavioural challenges in Problem Solving



The group of students have no behavioural challenges in Problem Solving



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Assignment in breakout room

1. What behaviour shows that the student has this Life Skill?

There are more possible answers to give.

2. What behaviour shows that the student not have this Life Skill yet?

There are more possible answers to give.



Example: Life Skills ‘Problem Solving’

1. When facing a problem the student identify several option]
2. The students collect all the facts before solving the problem
3. When facing a problem, students apply what they did in the past.
4. When a chosen solution is not working, student give up solving the problem.
5. When facing a problem, the student start acting in order to see if the problem will be solved.





Life Skill Description

Positive indicator

Negative indicator

1 SELF -AWARENESS	
Self-awareness is the awareness about oneself (self-consciousness). It includes one's recognition of themselves, one's character, one's strengths and weaknesses, desires and dislikes. This helps the student to understand his/her self-worth and builds his/her confidence to face life boldly. It also enables one to identify one's weaknesses or negative personality traits and consequently improve oneself. Some of the self-related terms are used as synonyms are self-image, self-concept and self-esteem.	
Describe which the behaviour of students when they show meeting with description above.	
1	<i>The student shows that he/she is satisfied with themselves.</i>
2	
3	
4	
5	
6	
7	
8	
9	
10	
Describe which the behaviour of students when they show not meeting with description (yet).	
1	<i>The student expresses that he/she is no good at all.</i>
2	
3	
4	
5	
6	
7	
8	
9	
10	



Breakoutrooms



Identifying students behaviour in (not) meeting Life Skill description



Breakoutrooms

Room 1	Room 2	Room 3	Room 4
Maurizio Chiappa	Roberto Canu	Ingrid Scheurink	Nathan Van Groenigen
Terje Alliksoo	Anita de Wit	Veronica Perin	Henrie Mastwijk
Roberta Bargiggia	Roberta Bargiggia	Alberto Ferraro	Tanja Kek
Laura Peruzzo	Federica Bruni	Pier Francesco Rupolo	Marina Vodopivec
Ana Pančur	Tanja Gregorec	Sandra Horvatič	Stefania Morello
Lily Loidap	Elen Raudsepp	Indrek Jänes	Vanessa Bettin