

Questionnaire for personal assessment of the current situation – a look „INSIDE“

Whether it's the decision-making process for a university degree or vocational training, in order to make a decision, you should structure the information you have about yourself.

What did I enjoy at school?

What are my particular interests / what am I passionate about?

What internships/work experience have I had so far?

What do others (friends, parents, teachers) appreciate about me?

What attitude to work have I shown in my studies so far?

In what areas would I like to deepen my knowledge?

Where have I been successful so far (at school/in my private life/at work)?

Which of the strengths and skills listed below characterize me:

Analytical and problem-solving skills Recognize new tasks, structure them, independently gather information about them, and develop solution strategies.	☐	Empathy be able to relate to other people	☐
Comprehension Being able to quickly grasp and understand new things	☐	Motivation/ Willingness to perform be able to always give your full commitment	☐
Decision-making ability consider relevant alternatives, evaluate them, and make a decision	☐	Communication skills be able to express oneself clearly and comprehensibly and argue convincingly	☐
Holistic thinking be able to consider the impact on other areas when making your own decisions and plans	☐	Team spirit fit into and contribute to a group in order to achieve a common goal or task	☐
Organisation skills Be able to plan, develop, and implement processes	☐	Flexibility be able to adapt quickly to new working conditions/requirements	☐
Resilience can perform well even under pressure and in difficult work situations	☐	Creativity be able to develop new ideas, be imaginative	☐
Initiative be able to develop and contribute your own suggestions and solutions even without external input	☐	Reliability be able to comply with agreements	☐
Determination/results orientation be able to consistently achieve what you have planned to do and not allow yourself to be distracted	☐	Independent working Be able to solve tasks without further instructions/assistance and implement them independently	☐