

Self reflection tool

1. Your involvement in the project...?

	Evaluation			
	Very Satisfactory	Satisfactory	Little satisfactory	Not satisfactory
Today, how you can describe your implication in the project ?				
What do you like in the project ?				
What aspects you don't like in this project ? And why ?				
Have you got any idea to change them ?				
Difficulties	A lot	Many	Not so many	Nothing
Diversity / communication				
Motivation				
Techniques /Skills				
Support of the staff (centre + cesie)				
Relationships				
Time				
Material tools				



Relation with the target/ beneficiaries				
Have you found solutions to overcome these difficulties ?				



<p>Self confidence I'm improving my self esteem, I'm more sure of the engagement I could offer etc..</p>				
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3. Now, it's the moment to deepen your new skills you are acquiring.

Answering these questions could help you to recognise the competences you are learning and it will facilitate the final compilation of the Youth pass at the end of the project. Even if at the moment you feel that some competences are missing, don't worry.

While you answer to these question consider every aspect of your life during the last month.

Key competences	Questions which can help you reflect	Self-assessment
<p>Communication in the mother tongue</p>	<p>Am I using my mother tongue?</p>	
<p>Communication in foreign languages</p>	<p>Am I improving my communication in foreign languages?</p>	
<p>Mathematical competence and basic competences in science and technology</p>	<p>Am I using my mathematical competence?</p> <p>Am I using numbers in my daily life?</p>	

<p>Digital competences</p>	<p>Am I learning about computer use in other countries here?</p> <p>Am I learning to use online resources for my EVS project (websites, blogs, mailing lists, social networks like Facebook)?</p>	
<p>Social and civic competences</p>	<p>Am I learning new communication skills with people from different contexts and understand different points of view?</p> <p>Am I able to manage different conflicts constructively and to have empathy?</p>	
<p>Sense of initiative and entrepreneurship</p>	<p>Am I able to transform ideas into action?</p>	

	Am I able to be creative and innovative?	
Cultural awareness and expression	Am I expressing myself and my culture? Am I developing new knowledge and awareness of cultural + linguistic diversity?	