# **KWESTIONARIUSZ SAMOOCENY I**

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| Oceń swoje umiejętności/ kompetencje społeczne. W kwestionariuszu samooceny wypełniaj tylko te pola, które dotyczą Ciebie.   |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **KWESTIONARIUSZ SAMOOCENY I** | | | | | | | | | | | **Dane osobowe** | ***Wypełniają wszyscy (należy podać Nazwisko lub kod nadany przez opiekuna)*** | | | | | | | | | | Nazwisko, Imię lub Kod |  | | | | | | | | | | Płeć |  | | | | | | | | | | Wiek |  | | | | | | | | | | **Doświadczenie zawodowe** | ***Wypełniają tylko osoby posiadające doświadczenie pracy*** | | | | | | | | | |  | Opisać oddzielnie każdą wykonywaną pracę/zajmowane stanowisko, począwszy od obecnego/ostatniego | | | | | | | | | | Daty |  | | | | | | | | | | Zawód lub zajmowane stanowisko |  | | | | | | | | | | Podstawowy zakres prac i obowiązków |  | | | | | | | | | | Nazwa pracodawcy |  | | | | | | | | | | Daty |  | | | | | | | | | | Zawód lub zajmowane stanowisko |  | | | | | | | | | | Podstawowy zakres prac i obowiązków |  | | | | | | | | | | Nazwa pracodawcy |  | | | | | | | | | | Daty |  | | | | | | | | | | Zawód lub zajmowane stanowisko |  | | | | | | | | | | Podstawowy zakres prac i obowiązków |  | | | | | | | | | | Nazwa pracodawcy |  | | | | | | | | | |  | W przypadku większej ilości wykonywanych prac należy skopiować wiersze od „Daty” do „Nazwa pracodawcy”. | | | | | | | | | | **KWESTIONARIUSZ SAMOOCENY I** | | | | | | | | | | | **Wykształcenie formalne** | ***Wypełniają wszyscy***  Opisać oddzielnie każdy ukończony typ kształcenia (szkoły), począwszy od ostatniego, i nieukończony typ kształcenia (podać rodzaj instytucji edukacyjnej oraz poziom edukacji (np. ukończona duga klasa szkoły zawodowej) | | | | | | | | | | Daty |  | | | | | | | | | | Nazwa instytucji edukacyjnej |  | | | | | | | | | | Uzyskane kwalifikacje |  | | | | | | | | | | Podstawowe dyscypliny kształcenia |  | | | | | | | | | | Nabyte umiejętności/ kompetencje zawodowe |  | | | | | | | | | | Daty |  | | | | | | | | | | Nazwa instytucji edukacyjnej |  | | | | | | | | | | Uzyskane kwalifikacje |  | | | | | | | | | | Podstawowe dyscypliny kształcenia |  | | | | | | | | | | Nabyte umiejętności/ kompetencje zawodowe |  | | | | | | | | | | Daty |  | | | | | | | | | | Nazwa instytucji edukacyjnej |  | | | | | | | | | | Uzyskane kwalifikacje |  | | | | | | | | | | Podstawowe dyscypliny kształcenia |  | | | | | | | | | | Nabyte umiejętności/ kompetencje zawodowe |  | | | | | | | | | |  | W przypadku większej ilości ukończonych form kształcenia dodaj wiersze od „Daty” do „Nabyte umiejętności/ kompetencje zawodowe”. | | | | | | | | | | **KWESTIONARIUSZ SAMOOCENY I** | | | | | | | | | | | **Edukacja nieformalna**  **i poza-formalna** | ***Wypełniają wszyscy***  Opisać oddzielnie każdy typ edukacji nieformalnej (np. wolontariat, staż, praktyka zawodowa) i poza-formalnej (poza szkolnej, np. kółka zainteresowań, zajęcia sportowe, działalność społeczna), rodzaj szkolenia (kursu), począwszy od ostatniego | | | | | | | | | | Daty |  | | | | | | | | | | Typ edukacji |  | | | | | | | | | | Nazwa instytucji |  | | | | | | | | | | Nabyte umiejętności/ kompetencje zawodowe |  | | | | | | | | | | Daty |  | | | | | | | | | | Typ edukacji |  | | | | | | | | | | Nazwa instytucji |  | | | | | | | | | | Nabyte umiejętności/ kompetencje zawodowe |  | | | | | | | | | | Daty |  | | | | | | | | | | Typ edukacji |  | | | | | | | | | | Nazwa instytucji |  | | | | | | | | | | Nabyte umiejętności/ kompetencje zawodowe |  | | | | | | | | | | **Umiejętności i kompetencje** | ***Wypełniają wszyscy*** | | | | | | | | | | Język ojczysty | polski inny…………………………… | | | | | | | | | | Inne języki | Język 1 ……………. Język 2 ……………………….. Język 3 … …………………………….. | | | | | | | | | |  | *Do tabeli wpisz, w każdej kolumnie, poziom\* znajomości języka obcego* | | | | | | | | | | Samoocena umiejętności językowych | **Rozumienie** | | | | **Mówienie** | | | **Pisanie** | | |  | Słuchanie | | Czytanie | | Porozumiewanie się | | Samodzielne wypowiadanie się |  | | | **Język 1** |  | |  | |  | |  |  | | | **Język 2** |  | |  | |  | |  |  | | | **Język 3** |  | |  | |  | |  |  | | |  | *\*Poziomy: A1/A2: podstawowy – B1/B2: samodzielność – C1/C2: biegłość; posłuż się załączoną Tabelą samooceny : Europejski System Opisu Kształcenia Językowego* | | | | | | | | | | **KWESTIONARIUSZ SAMOOCENY I** | | | | | | | | | | | **Umiejętności i kompetencje społeczne** | ***Oceń 15 kompetencji, jak każda z nich jest ważna i w jakim stopniu potrafisz ją zastosować w praktyce*** | | | | | | | | | |  | **Jak ważna jest dana kompetencja** | | | | | **W jakim stopniu potrafisz ją zastosować w praktyce** | | | | |  | W ogóle nie ważna | Mało ważna | | Ważna | Bardzo ważna | Nie potrafię | Trochę potrafię | Potrafię w dużym stopniu | Całkowicie potrafię | | 1. Doradzać innym w szkole, w pracy, w różnych sytuacjach życia |  |  | |  |  |  |  |  |  | | 2. Pracować w zespole |  |  | |  |  |  |  |  |  | | 3. Posługiwać się mową ciała |  |  | |  |  |  |  |  |  | | 4. Instruować inne osoby |  |  | |  |  |  |  |  |  | | 5. Przewodzić innym osobom |  |  | |  |  |  |  |  |  | | 6. Kompetencje międzykulturowe |  |  | |  |  |  |  |  |  | | 7. Wypracowywać kompromis |  |  | |  |  |  |  |  |  | | 8. Motywować innych |  |  | |  |  |  |  |  |  | | 9. Wspierać współpracowników |  |  | |  |  |  |  |  |  | | 10. Stosować techniki zadawania pytań |  |  | |  |  |  |  |  |  | | 11. Przekazywać informacje o faktach |  |  | |  |  |  |  |  |  | | 12. Zwracać się do słuchaczy |  |  | |  |  |  |  |  |  | | 13. Przyjmować konstruktywną krytykę |  |  | |  |  |  |  |  |  | | 14. Wchodzić w interakcję z innymi osobami |  |  | |  |  |  |  |  |  | | 15. Przekonywać inne osoby |  |  | |  |  |  |  |  |  | |