**Workshop Discover your competences**

Dear PREMIUM student,

Soon you will participate in the workshop **Discover your competences**.

This workshop is designed to inspire you on your journey of self-discovery. To get the most out of the workshop we suggest to schedule some time for self-reflection.

Prepare yourself for the workshop by doing the homework assignments below. These assignments are mandatory and need to be done **before** you come to the workshop.

The assignments take approximately 1 hour to complete.

**Assignment 1:** Find your qualities (see next page)

**Assignment 2:** Go to <https://www.123test.com/work-values-test/> and fill in the test. Please take the results with you to the training.

Good luck and we look forward to seeing you at the workshop!

With kind regards,
UM Career Services

**Assignment 1: Find your qualities**

*Below you will find an overview of 71 qualities. A quality is a specific strength, something that you are good at or for which others are often praising you.*

Select the seven qualities that you identify with most strongly and list them on the next page.

|  |  |  |  |
| --- | --- | --- | --- |
| 1. Interested | 19. Easy talker | 37. Ambitious | 55. Organizer |
| 2. Modest | 20. Empathy | 38. Adventurous | 56. Practical |
| 3. Reliable | 21. Mild | 39. Helpful | 57. Respectful |
| 4. Creative | 22. Courageous | 40. Mediator | 58. Listener |
| 5. Go-getter | 23. Level-headed | 41. Consistent | 59. Spontaneous |
| 6. Clear | 24. Frank | 42. Goal-oriented | 60. Tactful |
| 7. Honest | 25. Attentive | 43. Direct | 61. Satisfied |
| 8. Enthusiastic | 26. Calm | 44. Balanced | 62. Dedicated |
| 9. Flexible | 27. Serious | 45. Disciplined | 63. Determined |
| 10. Patient | 28. Playful | 46. Amiable | 64. Responsible |
| 11. Hedonist | 29. Versatile | 47. Handy | 65. Analytical |
| 12. Sensitive | 30. Tolerant | 48. Idealistic | 66. Assertive |
| 13. Generous | 31. Friendly | 49. Inspiring | 67. Able to distinguish |
| 14. Humorous | 32. Cheerful | 50. Intelligent | 68. Optimistic |
| 15. Enterprising | 33. Persuasive | 51. Powerful | 69. Independent |
| 16. Diligent | 34. Self-assured | 52. Deliberate | 70. Able to see cohesion |
| 17. Able to see things in perspective | 35. Caring | 53. Curious | 71. Cooperating\* |
| 18. Lively | 36. Precise | 54. Organized |  |

**My seven qualities are:**

1………………………………………………………………………………………………

2………………………………………………………………………………………………

3………………………………………………………………………………………………

4………………………………………………………………………………………………

5………………………………………………………………………………………………

6………………………………………………………………………………………………

7………………………………………………………………………………………………