

MY GOOD INTERNSHIP STORY

BRAINSTORM, DEFINITION AND SURVEY OF COMPETENCES

Brainstorm for mind map

Based on the questions below, you should now conduct an individual reflection exercise, brainstorming and writing down keywords regarding the good internship story:

- What was the situation?
- What was the task or challenge you were facing?
- What did you do?
- What was the result? What result did you create?
- What role(s) did you assume?
- Which competences did you use? (You may include both academic and personal competences)

Definition of competences:

The term “qualifications” normally denotes knowledge and skills acquired during a formal education, whereas the term “competences” describes the ability to **act** competently **in specific situations**. Your education might qualify you to do a *job/task*, but in practice this does not necessarily mean that you are also competent to actually do the *job/task* in question.

Source: leksikon.org

In short, competences consist of the knowledge, skills and experiences of any individual converted into specific action

– they relate to what you actually *do*.

When speaking about competences, we distinguish between personal and academic competences:

- **Your personal competences** are determined by your basic human qualities, attitudes, self-awareness and experience. They influence the way in which you tackle and perform tasks at work in various contexts – and in collaboration with other people.
- **Academic competences** you acquire during your studies and also in any student jobs, voluntary work (jobs after completing upper secondary school), and possibly from recreational activities.

Here are some examples of personal and academic competences.

Examples of competences	
Personal	Academic
Ambitious Highly focused Analytical Curious Efficient Extrovert Confidence-inspiring Committed Energetic Attentive to detail Flexible Highly structured Independent	The ability to present material in speech and in writing Project management The ability to provide constructive criticism The ability to evaluate The ability to provide good arguments The ability to solve problems The ability to meet deadlines. The ability to collect knowledge The ability to systematise The ability to analyse The ability to handle large processes The ability to cope with complex contexts Self-management

Which personal and academic competences have I used?

Write the competences that you have discovered in yourself in the list below. You can add to the list during your internship.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.