

Self-assessment of transversal competencies and skills (before the simulation)

1. Please assess the level at which you think you have these competencies and skills (10 - excellent ...1 - very weak)!

| Competences | Brief explanation | Level |
|-------------------------------|---|-------|
| Critical thinking | The process of thinking carefully about a subject or idea, without allowing feelings or opinions to affect you | |
| Problem solving | Ability to identify problems and use logic, judgement, and data to evaluate alternatives and recommend solutions to achieve the desired goal or outcome | |
| Decision making in groups | Ability to obtain information and identify key issues and implications to make informed and objective decisions | |
| Communication | Ability to deliver clear, effective communication and take responsibility for understanding others | |
| Collaboration | Working cooperatively with others, inside and outside the group, to accomplish objectives to build and maintain mutually-beneficial partnerships | |
| Leadership and responsibility | Interaction among members of the group in ways that initiates and maintains expectations and the competence of the group to solve problems or to attain goals | |
| Initiative and self-direction | Ability to identify opportunities and issues, and act proactively | |
| Productivity | Ability to do as much work as possible in a particular period | |
| Creativity / innovation | Producing or using original and unusual ideas | |
| Learning to learn | Ability to pursue and persist in learning, to organise one's own learning, including through effective management of time and information, both individually and in groups. | |
| Flexibility | Ability to adapt easily to a changing situation | |
| Managing uncertainty | Ability to manage situations with limited knowledge such that it is impossible to exactly describe an | |

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| | existing state or future outcomes or to determine which of several possible outcomes will happen | |
| Persuasion skills | Use of argument or emotion in the form of speech or writing to make the listener or reader believe what you are saying | |
| Presentation skills | The ability to make a public announcement in a structured way by using facts and arguments | |
| Contextual awareness | The ability to be aware of the circumstances, events, set of facts needed to be able to see or understand a particular circumstance, event, fact, etc. | |
| Conflict management | Practice of being able to identify and handle conflicts sensibly, fairly, and efficiently | |
| Negotiation skills | Qualities that allow two or more parties to reach a compromise | |

Cambridge Dictionary. <https://dictionary.cambridge.org/dictionary/>

National Institutes of Health. <https://hr.nih.gov/working-nih/competencies/competencies-dictionary>

Indeed. <https://www.indeed.com/career-advice/career-development>

Study.com. <https://study.com/academy/lesson/what-is-conflict-management-definition-styles-strategies.html>

2. Please select three competencies / skills that you feel you should develop more:

- 1)
- 2)
- 3)