

**HANDOUT FOR MENTEE****EMPLOYABILITY****6. Theme** "Career and professional development"  
**Exercise:** Quiz "What are my skills?"

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**My skills and competencies gathered in different areas****Task for mentee**

There is a list of domains below. You can choose as many domains as you want of which you would like to precise your skills/competencies. To get a better overview please fill in separately the questionnaire and table below for each chosen domain.

**Choose a domain****Household chore and family (e.g. organisation of child care, finances, family events...)****Hobbies and Interests (e.g. sports, music, member in a club...)****Honorary office (e.g. working for neighbourhood organisation, voluntary work in a hospital, elderly home...)****Internships****Other domains****Your chosen domain:** \_\_\_\_\_

1. Write something about an interesting task that you had to do or for which you had been responsible.

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2. Give reasons for your interest. Why have you been particularly interested in this task/topic/domain?

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**Task for mentee**

Please describe your tasks in detail (column 1) and the respective learning outcomes (column 2).  
And then think about in which other working context these abilities could be useful?

<p><b>1</b> What did I do in detail?</p>	<p><b>2</b> My skills? What did I learn?</p>	<p><b>3</b> In which other context I could use these abilities?</p>