

## The Language of the Self-Assessment

In the following sentences you will find examples that will support making an individual reflection in terms of the 8 key competencies (such as in Youthpass) – with an example, related to the language self-assessment.

### Sentences:

- ***I feel more comfortable now in:*** Communicating and Expressing myself in my native language **Why?**
- ***I found out:*** I would like to participate more actively in the political life of the community. **Why?**
- ***I feel confident in:*** Developing an idea and putting it into practice. **Why?**
- ***I made progress in:*** Expressing my opinions and giving voice to other people **Why?**
- ***I am able to:*** Think critically and analyze information **Why?**
- ***I now know how to:*** Plan and organize different tasks and activities **Why?**
- ***I can demonstrate effectively:*** Social and political issues such as democracy, justice, equality, citizenship and civil rights **Why?**
- ***I have a clear view about:*** I am aware and critical of using technology. **Why?**
- ***I am aware now that:*** I am committed to work against discrimination, intolerance, xenophobia and racism. **Why?**
- ***I understand:*** Difficult or challenging contexts and I am able to find solutions to understand them. **Why?**
- ***I now have the ability to:*** Be more receptive and appreciate the multiculturalism of Europe. **Why?**