**Worksheet**

**Task:** Please, evaluate the competencies of the subject of observation!

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| **Nr**. | **Competence** | **Correspond** | **Differ** | **Additional information is required** |
| **1.** | **Perception of own personality** |  |  |  |
| 1.1. | Self-awareness |  |  |  |
| 1.2. | The positive concept of own personality |  |  |  |
| **2.** | **Motivation competence** |  |  |  |
| 2.1. | Personality autonomy |  |  |  |
| 2.2. | Awareness of own competencies and impact |  |  |  |
| 2.3. | Self - regulation |  |  |  |
| 2.4. | Curiosity and interests |  |  |  |
| **3.** | **Cognitive competence** |  |  |  |
| 3.1. | Perceptual abilities |  |  |  |
| 3.2. | Ability to think |  |  |  |
| 3.3. | Memory |  |  |  |
| 3.4. | Ability to solve problems |  |  |  |
| 3.5. | Fantasy and creativity |  |  |  |
| **4.** | **Physical competence** |  |  |  |
| 4.1. | Taking responsibility for your health and body well-being |  |  |  |
| 4.2. | Motor competencies |  |  |  |
| 4.3. | Ability to regulate your body and physically adapt |  |  |  |
| **5.** | **Social competence** |  |  |  |
| 5.1. | Good relationships with adults and children |  |  |  |
| 5.2. | Empathy |  |  |  |
| 5.3. | Ability to communicate and collaborate |  |  |  |
| 5.4. | Ability to manage conflicts |  |  |  |
| **6.** | **Values and orientation competence** |  |  |  |
| 6.1. | Understanding of values |  |  |  |
| 6.2. | Choice of moral patterns |  |  |  |
| 6.3. | Understanding of differences in culture and personality expressions |  |  |  |
| 6.4. | Understanding equality |  |  |  |
| **7.** | **Ability and skills to take responsibility** |  |  |  |
| 7.1. | Taking responsibility for your actions |  |  |  |
| 7.2. | Taking responsibility towards other people |  |  |  |
| 7.3. | Taking responsibility for the environment and nature |  |  |  |
| **8.** | **Abilities and skills to get involved in activities** |  |  |  |
| 8.1. | Adoption of terms of negotiation and agreement |  |  |  |
| 8.2. | Ability to express and reflect on one's opinion |  |  |  |
| **9.** | **Methodological competence of learning** |  |  |  |
| 9.1. | Competence to acquire knowledge consciously, self-regulated and thoughtfully |  |  |  |
| 9.2. | Competence to apply and transform the acquired knowledge |  |  |  |
| 9.3. | Competence to perceive personal learning process |  |  |  |
| **10.** | **Feeling of Security** |  |  |  |
| 10.1. | Positive, healthy development in situations of long-term risk and acute stress |  |  |  |
| 10.2. | Positive recovery from traumatic events |  |  |  |

**References:**

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