# **Zelfkennis is de sleutel**

* **Wie ben ik? (Persoonlijke invalshoek)**

*Zoek een aantal adjectieven die jou beschrijven als persoon*

|  |  |
| --- | --- |
| **Positief** | **Negatief** |
|  |  |

* **Am I who I think I am? (p3+4)**

Fill out one copy about yourself and ask someone else to complete the second sheet about you. Do people see you as you see yourself? Very informative test!

* **Wat kan ik? (professionele invalshoek)**

Analyseer je sterktes en je zwaktes op:

<http://www.mindtools.com/pages/article/get-started.htm>

or: <https://www.kent.ac.uk/ces/sk/skillstest.html>

* **Some Key Qualifications for IT?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | YES | + / - | NO |
| accuracy  assertiveness  commercial insight  creativity  perseverance  flexibility/adaptability  immune to stress  a talent for organising  brevity  responsibility  team player  resourceful  independence  precision |  |  |  |

Overdenk je jobmotivatie

**🡪Motivatierooster**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **🙫** | **16** | **18** | **20** | **22** | **24** | **26** | **28** | **30** | **32** | **34** | **36** | **38** | **40** | **42** |
| **Sociale contacten** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Geld verdienen** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Creatief zijn** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Zelfontwikkeling** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Uitdaging** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Status** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

*Overdenk wat jou nog meer motiveert…*

t3geoee0%5b1%5dWho am I?

* **Which of these characteristics apply to you?**

|  |  |  |
| --- | --- | --- |
| **1. spontaneous** | 1 2 3 4 5 6 7 | **inhibited[[1]](#footnote-1)** |
| **2. cold** | 1 2 3 4 5 6 7 | **sensitive** |
| **3. relaxed** | 1 2 3 4 5 6 7 | **agitated** |
| **4. ready to help** | 1 2 3 4 5 6 7 | **oriented towards self** |
| **5. irresponsible** | 1 2 3 4 5 6 7 | **responsible** |
| **6. imperturbable[[2]](#footnote-2)** | 1 2 3 4 5 6 7 | **touchy[[3]](#footnote-3)** |
| **7. social** | 1 2 3 4 5 6 7 | **shy** |
| **8. imaginative** | 1 2 3 4 5 6 7 | **down to earth** |
| **9. careless** | 1 2 3 4 5 6 7 | **careful** |
| **10. talkative** | 1 2 3 4 5 6 7 | **silent** |
| **11. serious** | 1 2 3 4 5 6 7 | **playful** |
| **12. tensed** | 1 2 3 4 5 6 7 | **relaxed** |
| **13. indifferent** | 1 2 3 4 5 6 7 | **inquisitive[[4]](#footnote-4)** |

t3geoee0%5b1%5dWho am I?

* **Which of these characteristics apply to you?**

|  |  |  |
| --- | --- | --- |
| **1. spontaneous** | 1 2 3 4 5 6 7 | **inhibited[[5]](#footnote-5)** |
| **2. cold** | 1 2 3 4 5 6 7 | **sensitive** |
| **3. relaxed** | 1 2 3 4 5 6 7 | **agitated** |
| **4. ready to help** | 1 2 3 4 5 6 7 | **oriented towards self** |
| **5. irresponsible** | 1 2 3 4 5 6 7 | **responsible** |
| **6. imperturbable[[6]](#footnote-6)** | 1 2 3 4 5 6 7 | **touchy[[7]](#footnote-7)** |
| **7. social** | 1 2 3 4 5 6 7 | **shy** |
| **8. imaginative** | 1 2 3 4 5 6 7 | **down to earth** |
| **9. careless** | 1 2 3 4 5 6 7 | **careful** |
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| **11. serious** | 1 2 3 4 5 6 7 | **playful** |
| **12. tensed** | 1 2 3 4 5 6 7 | **relaxed** |
| **13. indifferent** | 1 2 3 4 5 6 7 | **inquisitive[[8]](#footnote-8)** |

1. ‘geremd’ [↑](#footnote-ref-1)
2. ‘onverstoorbaar’ [↑](#footnote-ref-2)
3. ‘lichtgeraakt, prikkelbaar’ [↑](#footnote-ref-3)
4. ‘nieuwsgierig, weetgierig’ [↑](#footnote-ref-4)
5. ‘geremd’ [↑](#footnote-ref-5)
6. ‘onverstoorbaar’ [↑](#footnote-ref-6)
7. ‘lichtgeraakt, prikkelbaar’ [↑](#footnote-ref-7)
8. ‘nieuwsgierig, weetgierig’ [↑](#footnote-ref-8)