

Exercise. My positive experience

1. Think about a positive experience you have had in your work or studies over the past three years and describe it. The following questions might help.

- Where and when did you have this experience?
- Who else was involved in it?
- What was expected of you?
- What were your tasks?
- What outcome did you achieve?

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2. Think about and write what future skills and academic skills you used in this experience.

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3. Describe a situation in which you also used and benefited from the skills you mentioned in the previous point.

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Write your skills on the caeer wheel.