



**Project Name: Boosting Individual Competences (BIC)**

**Project Number: 2016-1-DE02-KA204-003276**

Name of Resource	ProfilPASS in Use
Language(s)	<b>e.g. English and others</b>
Suggested Level	<b>e.g. From A2</b>
Suggested Objectives	<p>Source: <a href="http://www.profilpass.de/media/pp_english.pdf">http://www.profilpass.de/media/pp_english.pdf</a></p> <ul style="list-style-type: none"> <li>- Becoming aware of own competences</li> <li>- Improve communication skills</li> <li>- Increase self-confidence</li> <li>- Improve oral and written expression with past tenses</li> <li>- Developing sense of togetherness</li> </ul>
Procedure	<p><b>e.g.</b> See also activity sheet below</p> <p>After reading the introduction the teacher carries the following activities through</p> <p><b>Activity 1</b></p> <p>a) In small groups: Learners are asked to write quickly down some information in the fields/bubbles as far as they feel concerned and able to give pieces of information. Then they have to compare their results and discuss them.</p> <p>b) Learners are asked if they made unusual/ out of the common experiences in their life? Which ones? They should tell them to their group. Write them on flash cards and pin them on a board. Together they chose the experiences which are particularly out of the common.</p> <p><b>Activity 2</b></p> <p>a) The activity concentrates on the topic “Home and Family” : Learners reflect on what skills /competences they are aware of when speaking of their home and their family. They are asked if they are surprised at the number of skills they wrote and to explain why.</p> <p>b) Learners select the 6 more important competences for them. Write them each in a star. They write a short explanation of their choice. They try to find out if others have similar or same competences as they have. All together they write a list of the “Star competences”, the mostly named ones.</p> <p><b>Activity 3</b></p> <p>a) Pair work: In the grid learners write down some of their hobbies, interests, as well as commitment in social, political and/or civic matters if applicable. They have to reflect what qualities are needed to be able to do these things and what influence these qualities can have on other aspects of life.</p>



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	<p>b) All together: Learners have to look for qualities which are often needed and write them down on the scale Rules: On the top of the scale = the most frequent quality On the bottom of the scale = the less frequent quality</p> <p>c) Finally they write on a flash card the most important quality they believe their neighbour has and compare again which quality is mostly named.</p>



## Learner's Sheet

(Excerpt of [http://www.profilpass.de/media/pp\\_english.pdf](http://www.profilpass.de/media/pp_english.pdf))

### What it is about....

### My Life – An Overview

The ProfilPASS will encourage you to examine every area of activity both at work and also outside of work during the course of your life from the standpoint of what you have learned.

First of all, you will have to list the various - and from today's point of view important - places and areas in which you were active. An honorary post like a shop steward may be just as important as your occupation or hobby. The overview below is designed to help you to put your thoughts in order. The chronological order is of no importance.

It could also be that some of the areas of activity do not apply to you at all. Don't let their presence confuse you. The only important thing is what you do or have done in the past.

### Important Areas of Activity in My Life

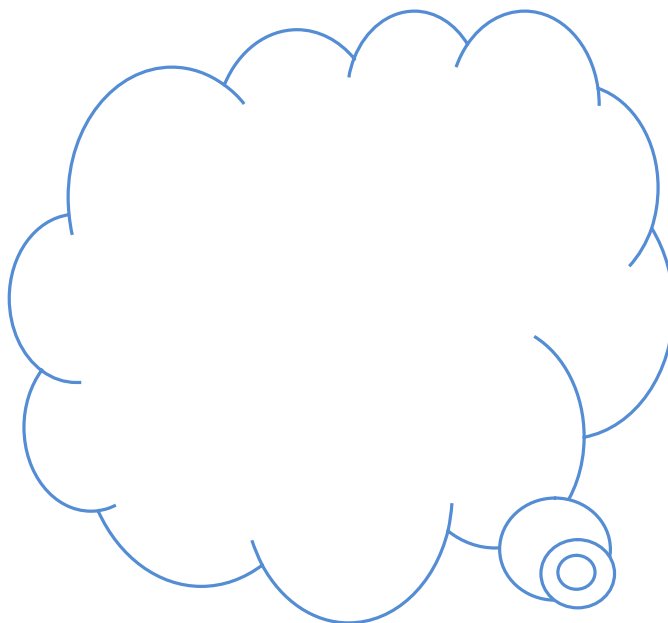
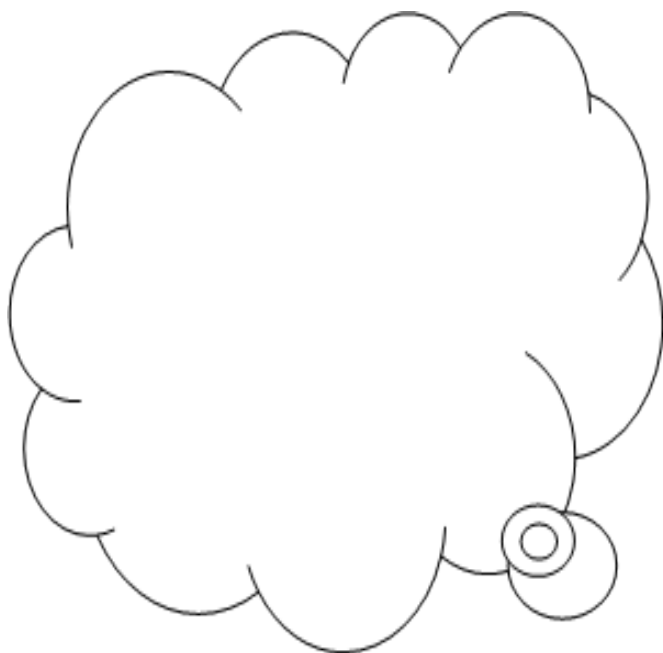
#### Activity 1

#### Quick overview:

- a) Write quickly down some information in the fields below as far as you feel concerned and able to give pieces of information. Then compare your results and discuss them.

School and training

Home and Family

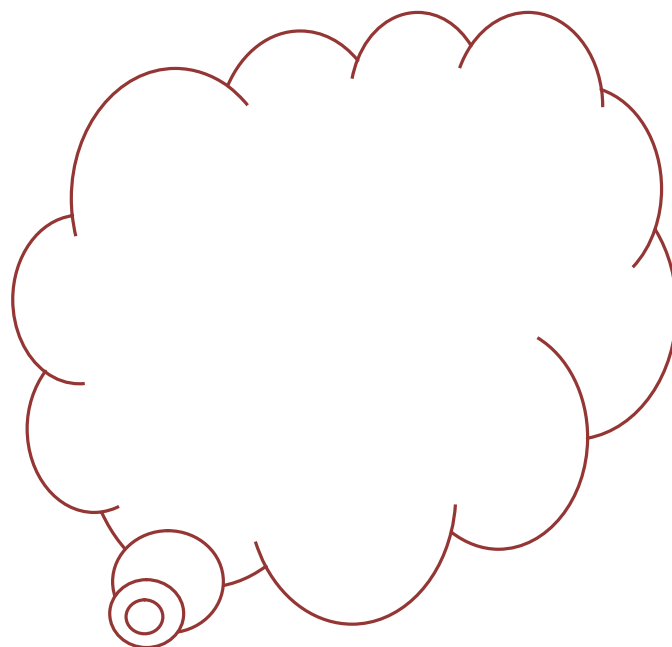




Profession, jobs, volunteer work



Hobbies, interests, social, political  
and civic commitment



b) Did you made unusual/ out of the common experiences in your life? Which ones?

E.g. to live for some time in a foreign country, to parachute, having been robbed...

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Tell the experiences to your group. Write them on flash cards and pin them on a board.

Which experiences are particularly out of the common?



## Activity 2

Let's start with the topic "Home and Family".

a) What skills/competences are you aware of when speaking of your home and your family?

E.g.: Can you cook? If so, it is a skill that you should write in the grid.

HOME AND FAMILY		
I am able to		
cook		

Are you surprised at the number of skills you wrote?

Yes

☐

No

☐

Explain your answer

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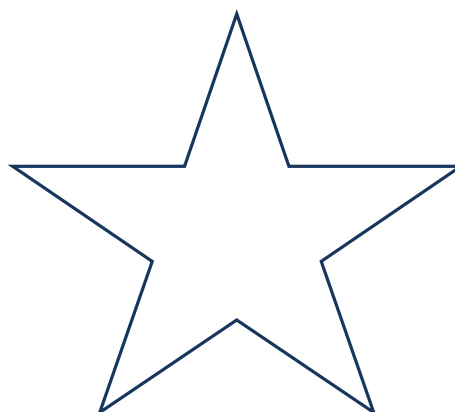
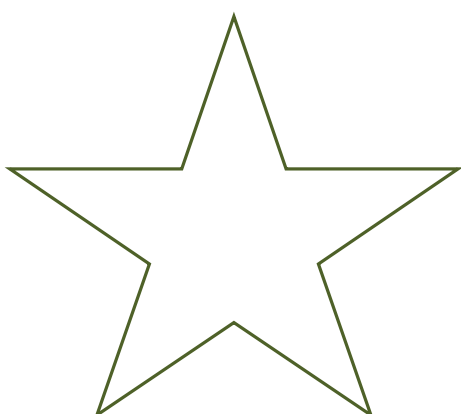
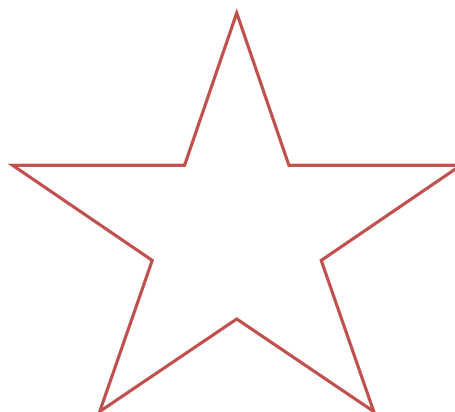
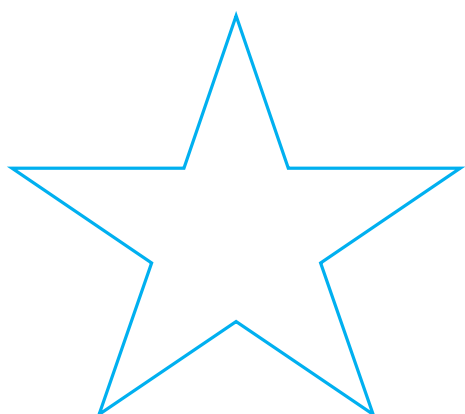
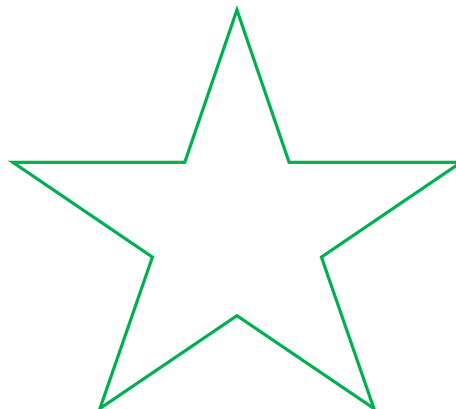
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b) Could you select the 6 more important competences for you?



Explain your choice! Find out if others have similar or same competences as you. All together write a list of the “Star competences”, the mostly named ones.

.....

.....



## Activity 3

- a) In the grid below write down some of your hobbies, interests, as well as commitment in social, political and/or civic matters if applicable. Reflect what qualities you need to be able to do these things and what influence these qualities can have on other aspects of life.

**Example:** I play tennis. To play tennis I need to be able to concentrate and to react quickly.  
Tennis improves my ability to concentrate in everyday life.

Hobbies, Interests, Social, Political and/or civic commitment	Qualities needed	Influence on other aspects of life
tennis	Concentration and celerity	Better ability to concentrate when working, reading and more

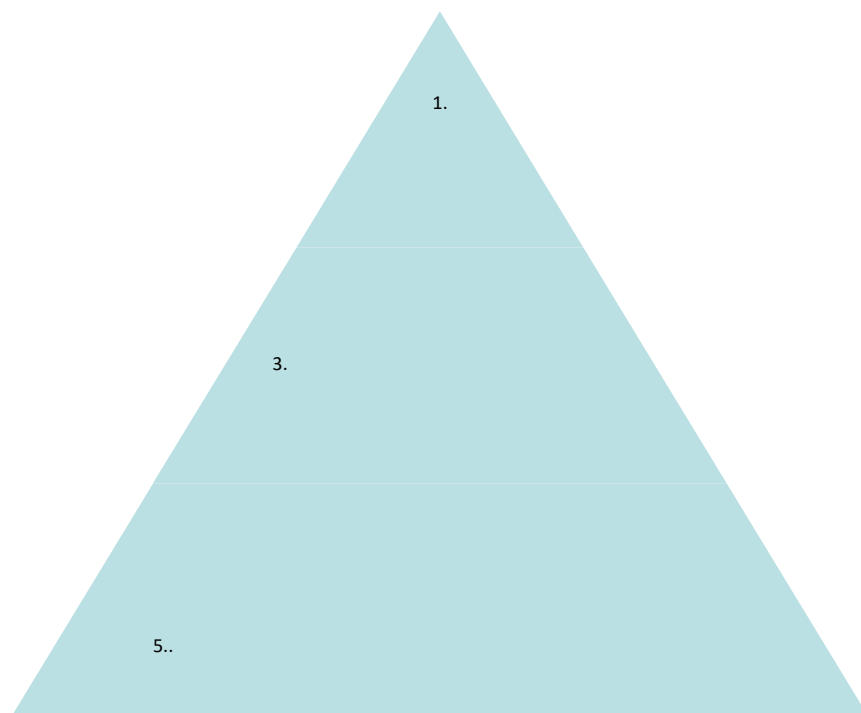




b) Are there qualities which are often needed? Which ones? Write them on the scale below (at least 5 qualities)

On the top of the scale = the most frequent quality

On the bottom of the scale = the less frequent quality



c) Finally write on a flash card the most important quality you believe your left neighbour has and compare again which quality is mostly named.

Example:

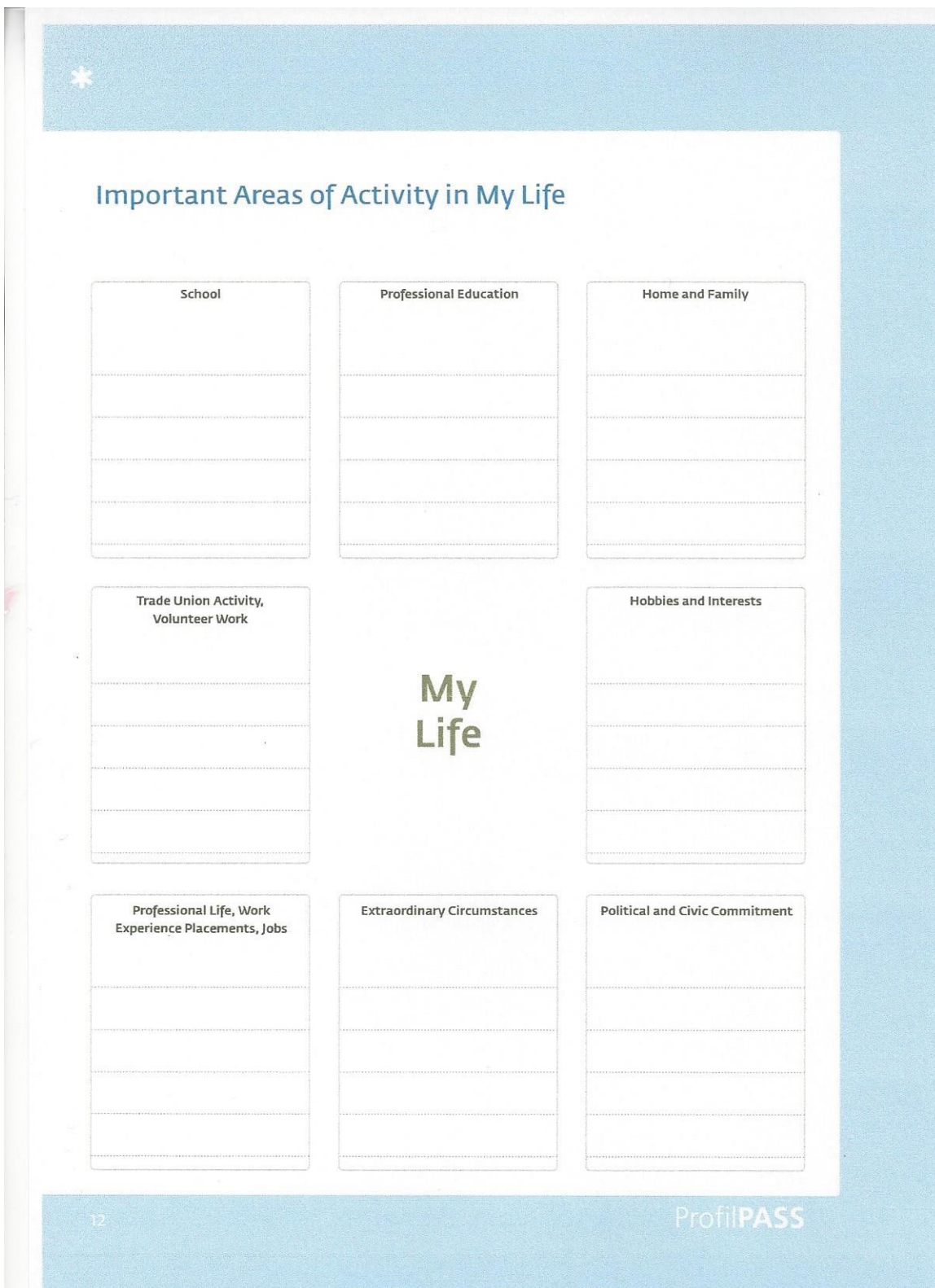
John is very cooperative.

The mostly named quality is:





## Excerpt of The ProfilPASS – English (for the teachers)



The image shows a page from the ProfilPASS form, titled "Important Areas of Activity in My Life". The page is divided into a grid of boxes for recording information. The central text "My Life" is prominently displayed in the middle. The boxes are arranged around this central text, with three boxes in the top row, two in the middle row, and three in the bottom row. Each box has a title and several horizontal lines for writing. The page is numbered "12" in the bottom left corner and "ProfilPASS" in the bottom right corner.

**Important Areas of Activity in My Life**

School	Professional Education	Home and Family

Trade Union Activity, Volunteer Work	My Life	Hobbies and Interests

Professional Life, Work Experience Placements, Jobs	Extraordinary Circumstances	Political and Civic Commitment

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