

MODULE 1. GET TO KNOW YOURSELF



POST-TEST AFTER THE WORKSHOP



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Please read each question carefully and choose the answer that best describes your beliefs or knowledge. Mark only one answer (a, b, c) for each question.

There are two open questions at the end of the test, you can answer them in a few sentences.

1. Why it is important to recognise your strengths?

- a. To be able to avoid difficult tasks
- b. To use them better in a career
- c. To impress others

2. How identifying weaknesses can support professional development?

- a. It allows weaknesses to be ignored
- b. It provides an understanding of areas for improvement
- c. It helps to choose a job that does not require skills

3. What does it mean to understand one's values and preferences in the context of work?

- a. selecting the easiest job
- b. alignment of the professional environment with personal values
- c. ignoring preferences and focusing on earnings



4. How important are passions and interests in career choice?

- a. They may indicate occupations and industries in which the person is likely to feel fulfilled
- b. They are only important as a hobby
- c. They have no influence on the choice of profession

5. Career predisposition assessment helps to:

- a. Ignore one's natural abilities
- b. Understand one's strengths and choose the right profession
- c. Avoid difficult challenges

6. How reflecting on life experience can influence a career?

- a. It helps to ignore past experiences
- b. It facilitates change or confirmation of a development path
- c. It makes us focus only on the past

7. Why it is important to understand your professional needs and expectations?

- a. It makes it possible to realise one's career plans
- b. It enables a better fit for the job
- c. It hinders cooperation with others



8. What are examples of values at work?

- a. Independence, cooperation, stability, intellectual challenges
- b. Remuneration only
- c. The most easily achievable objectives

9. What are strengths in the context of a career?

- a. Characteristics that make work difficult
- b. Skills that we can use professionally
- c. Areas for improvement

10. Which approach is the most effective in dealing with professional weaknesses?

- a. Ignoring weaknesses
- b. Understanding and developing areas for improvement
- c. pretending they do not exist

11. Which of the topics discussed in the workshop do you consider the most important for your professional development and why?



12. What steps are you going to take to better align your career with your passions, values and aptitudes?

A large rectangular area defined by a dashed teal border, intended for the user to write their response to the question above.



POST-TEST ANSWER

question no.	answer	text
1.	b)	aby lepiej wykorzystać je w karierze
2.	b)	umożliwia zrozumienie obszarów do poprawy
3.	b)	dopasowanie środowiska zawodowego do osobistych wartości
4.	a)	mogą wskazywać na zawody i branże, w których osoba może czuć się spełniona
5.	b)	zrozumieniu swoich mocnych stron i wyborze odpowiedniego zawodu
6.	b)	ułatwia dokonanie zmian lub potwierdzenie ścieżki rozwoju
7.	b)	umożliwia lepsze dopasowanie do pracy
8.	a)	niezależność, współpraca, stabilność, wyzwania intelektualne
9.	b)	umiejętności, które możemy wykorzystać zawodowo
10.	b)	zrozumienie i rozwijanie obszarów wymagających poprawy