



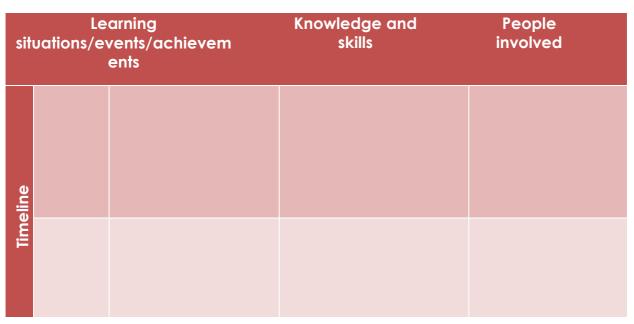
Career Management Skills - A New 'Literacy' for Sustainable Employment Project Ref. No. 2016-1-UK01-KA204-024334 P1-European Learning Network Ltd-U.K.

WORKSHEET 3: LEARNING BIOGRAPHY IN PRACTICE

AREA: HORIZONS

Description of the method:

- 1. Note all the facts of your professional past, taking into account the educational steps, and bring them into a chronological order, as in a CV.
- 2. Further, note all non-professional events (relocations, illnesses, etc.) that have affected your career.
- 3. Write down what you learned on what occasion. This may be cognitive, but also emotional, social or technical learning steps.
- 4. Also note how your personal perception towards learning was at the time. You may ask yourself: What was helpful, what was not? Have I enjoyed learning or not?
- 5. Write down the names of the people, who played a role at this stage/in this situation: teachers, mentors, friends, etc. What do you remember positively and /or negative?



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Source: Egger-Subotitsch, Andrea/Fellinger-Fritz, Alfred/Meirer, Monika/Steiner, Karin/Voglhofer, Margit (2011): Praxishandbuch Train-the-Trainer-Methoden in der Berufs- und Arbeitsmarktorientierung. abif – Analyse, Beratung und interdisziplinäre Forschung

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