

## 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?

	Learning situations/events/achievements	Knowledge and skills	People involved
Timeline			

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