

PARE PROGRAM

SELF-ASSESSMENT SHEET

					Pre-assessment date (DD/MM/YYYY)			
Course Name						Post-assessment date (DD/MM/YYYY)		
Name			Home university			Department		
Home supervisor				Host institution & supervisor				
						Academic year		

Target skills and competencies	Target achievements	Pre-assessment		Self-set target achievements	Post-assessment	
		Satisfaction level 5: Very satisfied 4: Somewhat satisfied 3: Neither satisfied nor dissatisfied 2: Somewhat dissatisfied 1: Very dissatisfied	Reason		Achievement level: 5: Very high 4: High 3: Medium 2: Low 1: None	Self-assessment and future challenges • How have you changed as a result of the program? • What are your future challenges?
Field-research skills • Inquiry • Adaptability • Teamwork	Able to • Learn outside of the classroom • Work well as part of a team • Adapt flexibly to new situations in the field					
Cross-cultural skills • Broad-minded • Tolerant • Cross-cultural understanding • Flexible • Cooperative	Able to • Work with others from different cultures • Communicate effectively					

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Frontier spirit • Clear vision for future planning • Able to develop programs and lead • Flexible	Able to use one's knowledge and experience to explore new ideas and fields of research					
Problem-solving skills • Creativity • Analytical and critical thinking skills	Able to • Evaluate new information and situations • Consider various ways of approaching and resolving issues • Think critically and logically					