

# IO5 – Self-Evaluation Guide for Improvement

**STRENGTH Project**

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**Newsletter n° 5**

**Dear Reader,**

The Intellectual Output 5 – **Self-Evaluation Guide for Improvement (IO5)** is now completed. It was elaborated under the coordination of the National Centre for Policies and Evaluation in Education – Educational Research Unit (Romania).

**The purpose** of IO5 Guide is on one side, to allow the self-evaluation and reflection upon the social and emotional competences and on the other side, to offer resources for the further development of the career guidance practitioners' social and emotional competences.

The IO5 Guide **can be used by:**

- experienced career guidance practitioners,
- career guidance practitioners in their first years of practicing career guidance and counselling (moderate/no experience),
- students in initial training for becoming career guidance practitioners,
- experts, trainers and teachers dealing with career guidance and counselling issues.

The IO5 Guide allows the self-evaluation and self-reflection upon the following **5 STRENGTH dimensions:**

Empathy

Emotional  
management

Diversity

Active  
listening

Cooperation

**The activities and instruments** proposed by the IO5 Guide are:

- ✓ REA map (reflect-explore-approach)
- ✓ Where am I? Where do I want to be?
- ✓ Self-evaluation questionnaire
- ✓ A window to my knowledge and skills
- ✓ My STRENGTH Compass
- ✓ The self-improvement plan

More information about **IO5 - Self-Evaluation Guide for Improvement** can be found on the STRENGTH project website: <https://projectstrength.net/>

You can download the **IO5 - Self-Evaluation Guide for Improvement** directly from: [https://projectstrength.net/wp-content/uploads/2022/06/IO5\\_STRENGTH\\_Self-evaluation-guide\\_25June.pdf](https://projectstrength.net/wp-content/uploads/2022/06/IO5_STRENGTH_Self-evaluation-guide_25June.pdf)