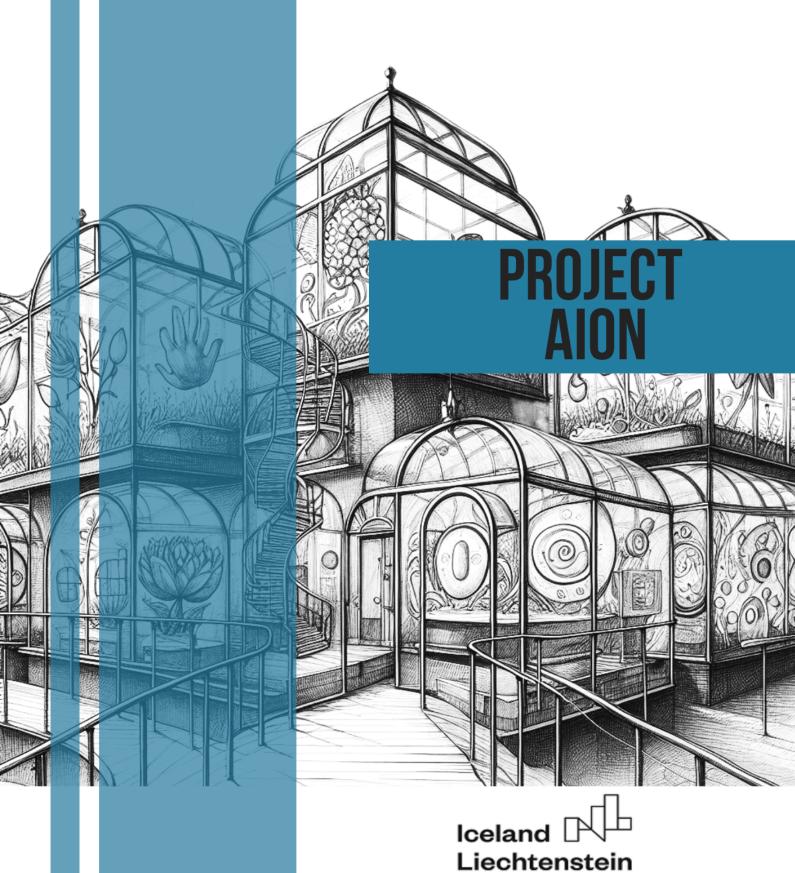
# **SKILLS CATALOG**

ORANGERY OF PERSONALITIES



Norway grants



The AION project benefits from a grant of € 195828 received from Iceland, Liechtenstein and Norway under the EEA Grants.

The aim of the project is to develop a comprehensive, systemic model of preparation for professional activity of people with deeper intellectual disabilities.

Preparation of professional laboratories with training programs and methodology.

Development of a coherent and systemic strategy for supporting the employment of people with intellectual disabilities on the labor market in cooperation with the District Labor Office in Sosnowiec.

Working out a path of professional development and a strategy of inclusion in the open and / or protected labor market, taking into account the educational, legal, organizational housing for schools, people with disabilities, public institutions and entrepreneurs that can potentially employ people with disabilities.

# Skills catalog Orangery of personality – soft skills

- 1. I know a lot about myself
- 2. I am a conscientious employee
- 3. I cooperate with others

#### **RATING:**

green color – task completed correctly

Red colour – you should continue to practice the skill

The student can start learning the next skill when both assessments (self-assessment and teacher feedback) are green.

## I KNOW A LOT ABOUT MYSELF

Skill	Self-esteem	Information from the teacher
I know my name		
I know where I live		
I know what motivates me to work		
I'm getting to know my interests		
I determine my predispositions to various types of work		
I know my strengths		

# I KNOW A LOT ABOUT MYSELF

Skill	Self-esteem	Information from the teacher
I can introduce myself		
I can talk about my interests		
I can choose a job that is satisfying for me		
I undertake various types of work (alone, in a team, with immediate or delayed results)		
I can present my advantages		

#### I AM A CONSENTIOUS EMPLOYEE

Skill	Self-esteem	Information from the teacher
I distinguish between a task done well and poorly		
I understand multi-step instructions, activity diagrams, and activity plans		
I remember the scope of my responsibilities		
I know my job is important (I know its importance)		
I know when I can't cope on my own with a given task		
I know, <b>whom</b> ask for help, support, explanation		
I know, <b>When</b> ask for help, support, explanation		

## I AM A CONSENTIOUS EMPLOYEE

Skill	Self-esteem	Information from the teacher
I complete the tasks I start		
I do my job to the best of my ability		
I act according to the instructions (verbal, pictographic)		
I work scheduled hours		
I can ask for help and explanation		

## I COOPERATE WITH OTHERS

Skill	Self-esteem	Information from the teacher
I know that other people's work is important		
I know who gives me instructions for work (who is the leader)		
I know that other people's opinions and views are important		
I know that I am part of a team and my actions are important		
I know how to express my dissatisfaction, anger, etc.		
I know how to express my joy, pride, satisfaction, etc.		

### I COOPERATE WITH OTHERS Level 2

Skill	Self-esteem	Information from
		the teacher
I respect the work of other people		
I can submit		
I listen to what others (co-workers,		
superiors) tell me		
I can offer my help		
I help other people		