**PURPOSE WITH THE EXERCISE:**

**COMPETENCIES**

**MAKE YOUR COMPETENCIES MORE SPECIFIC**

That you make your competencies mores specific to make them more tangible and easier to understand.

**HOW TO DO IT:**

1. Pick at least 3 competencies that you would like to describe further. For example those 3 things that you thing you are best at, or what interest you the most.
2. Try making a specific description of the competencies.
3. You could perhaps use the helping sentences below to get started with the descriptions.

**EXAMPLE:**

* **Interaction design** is about ensuring that the design of an IT solution works well with the user.
* **The theory of science** is about making it clear to others from which perspective one is examining something.
* **Evaluation** is a way to examine how a certain initiative works and how well it works. One can both examine if the target has been reached, and whether it has been reached the best way.

**MY COMPETENCIES:**

Helping sentences:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is about \_\_\_\_\_\_\_\_\_\_\_\_\_  
  
One do that by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are ways to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In particularly, it is used in situations that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is important because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

One cannot \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ without \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_